

Travel Abroad Check List

Essential:

- () familiarize yourself with your country of destination

http://travel.state.gov/travel/travel_1744.html

<http://www.lonelyplanet.com/destinations>

- () obtain a passport

http://travel.state.gov/passport/passport_1738_2.html

TTU International Cultural Center Passport office—742-3667 ext 258

<http://www.iaff.ttu.edu/main/passport.asp>

- () obtain a visa for entry into a foreign country

http://travel.state.gov/travel/tips/brochures/brochures_1229.html

- () register trip with Department of State

<https://travelregistration.state.gov/ibrs/ui/>

- () receive required/recommended vaccinations

<http://wwwn.cdc.gov/travel/>

TTUHSC TravelMed clinic: <http://www.ttuhscc.edu/som/fammed/travelmed.aspx>

- () purchase international health insurance

- () purchase MEDEVAC

- () create an evacuation plan

- () obtain tickets and reservations for travel

- () arrange accommodations

Other things to consider:

- () renew prescriptions and gather any special medical supplies including contacts/eye glasses. Carry a letter from your physician and original prescription bottles.

- () be aware of any travel/safety concerns

http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html

- () purchase any necessary rail passes

- () contact U.S. Postal Service to forward or hold mail

- () purchase international cell phone or calling card

- () purchase personal property insurance

- () leave contact information as well as copies of itinerary, passport data page, & visa with emergency contact in the U.S.

- () purchase an International Student ID Card (ISIC)—*students only*

<http://www.istc.org/sisp/index.htm>