



Tips for Traveling Abroad

THINGS TO ARRANGE BEFORE YOU GO:

- **Register your travel:** Go to travelregistration.state.gov
- **Credit:** Make a note of credit limits and call card companies to advise where you will be using your card, as well as an international phone number if the card becomes lost or stolen.
- **Insurance:** Always purchase travel insurance, especially when leaving the country. This will be available through your package or your travel agent.
- **Passports/Visas:** Have a photocopy of these documents in case lost or stolen.
- **Airline:** Call the airline or your travel agent 24 hours prior to your departure to make sure there haven't been any schedule changes.
- **Travel Documents:** Keep your travel itinerary in a safe place, and leave a copy with a friend or family member back home with phone numbers to the hotels you will be staying at.
- **Children:** If traveling with children when one or both parents are not traveling along, bring any additional documentation that may be required.
- **Immunizations:** Check with the CDC online to see if any immunizations are required or suggested.

WHAT TO LEAVE BEHIND:

Don't bring anything you would hate to lose. Leave at home:

- Valuable or expensive-looking jewelry
- Irreplaceable family objects
- All unnecessary credit cards
- Your Social Security card, library card, and similar items you may routinely carry in your wallet.

GENERAL PACKING GUIDE:

- Passport/Visa/Travel Itinerary Confirmation
- Money and Credit Card
- Medications
- Clothing (itemize according to weather)

- Reading material
- Travel Agent/Travel Insurance Contact Info.
- Glasses/Contacts/Sunglasses
- Pen/Paper
- Camera(charger, batteries, memory card)
- Electric Plug Adapters (if applicable)
- Media Player
- Toiletries(cosmetics, shaving, shampoo, etc.)
- Laundry Bag
- Sunscreen (if applicable)
- Travel alarm clock
- Safety Pins
- Spot Remover
- Hat
- Copies of passport (one per bag)
- Credit card phone numbers
- Headphones/Ear plugs

TOP 10 REASONS TO BUY TRAVEL INSURANCE:

- You run into flight delays and miss a portion of your trip.
- You lose your passport abroad.
- Your rental car becomes damaged, leaving you responsible for repair costs.
- Your luggage becomes lost or delayed.
- You have to return early due to an unexpected emergency.
- You need an emergency medical evacuation due to an illness or accident.
- You have to evacuate your resort due to a storm.
- You have to cancel your trip due to an unexpected event, such as an illness in the family, bad weather, or involuntary job loss.
- Your equipment you brought with on vacation becomes lost or stolen.
- You become ill or injured while traveling and need to be seen by a doctor. (Many times your health plan doesn't cover you outside of the U.S.)