International Travel Checklist
for
Yale Graduate & Professional students

2-3 MONTHS BEFORE TRAVELING

- Get a passport; check that your passport will be valid for 6 months after you return
- Determine if you will need a visa
- Schedule a consultation with the Yale Travel Health clinic or your physician; get necessary immunizations and discuss medications

2 WEEKS BEFORE TRAVEL

- Learn about your destination
  - U.S. State Department’s Country Specific Information
  - FrontierMEDEX World Watch reports
  - ASIRT road reports
  - Location of the nearest U.S. embassy or consulate or your home country’s embassy
- Register your travel
  - Yale (requires a NetID)
  - U.S. State Department or your embassy
- Obtain a supply of your medications to last the duration of your trip
- Make sure you understand your health insurance coverage; purchase additional coverage if necessary
  - Obtain (and take) your health insurance card
- Consider personal property insurance if taking expensive electronics or other personal belongings
- Learn about clothing and style in your destination so you know what to pack
- Check that your credit/debit card will work in your destination (contact your credit card company to ask)
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1 WEEK BEFORE TRAVEL

- Print your FrontierMEDEX card; learn how FrontierMEDEX works
  - Then leave a copy of your card with a friend or family, or scan & email it to yourself and others

- Print and take the list of important phone numbers

- Notify your bank and credit card companies where and when you’ll be traveling

- Exchange enough cash to last the first few days in your destination or plan to withdraw cash at an airport ATM or currency exchange kiosk

- Clean out your wallet; take only necessary cards and ID

- Look into cell phones or calling cards

- Download the Yale VPN client to access online resources

- Make sure your laptop, smartphone, etc. are secure
  - Create secure wireless connections
  - Remove unnecessary confidential data
  - Obtain a reliable physical lock for your laptop (airports are a prime location for laptop theft)

- Make photocopies of important documents
  - Take a copy of each, leave a copy at home, or scan & email to yourself and others
    - Passport identification page and visa
    - Driver’s license
    - Insurance cards
    - Credit cards (front and back)
    - Flight and other travel itineraries
    - Immunizations and prescriptions; other important medical history (e.g., surgeries, severe allergies)

- Read helpful safety tips and understand how to prepare yourself for emergencies

- Practice being aware of your surroundings (aka ‘situational awareness’)

For additional resources visit: http://world-toolkit.yale.edu.