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 travel health consultation, get necessary immunizations
  (http://wwwn.cdc.gov/travel/default.aspx), and discuss medications with any of:
  - Travel Health Services for Students (http://yalehealth.yale.edu/more/travel-health-services-students) or 203-432-8148
  - Passport Health (https://www.passporthealthusa.com/new-haven/) or 203-288-3115
  - Or your physician

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.