International Travel Checklist for Yale College Students

This checklist complements and references information and links available on Yale’s International Travel Toolkit: [http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/planning](http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/planning).

### 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:** [http://yalehealth.yale.edu/travel](http://yalehealth.yale.edu/travel)

### 2 WEEKS BEFORE TRAVEL

- **Learn about your destination:** [http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/destination](http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/destination)
- **Register your travel**
  - Yale (requires a NetID): [https://transact.med.yale.edu/world/travelform/index.asp](https://transact.med.yale.edu/world/travelform/index.asp)
  - U.S. State Department ([https://step.state.gov/step/](https://step.state.gov/step/)) 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: [http://ogc.yale.edu/special-programs-0](http://ogc.yale.edu/special-programs-0)
- **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)
1 WEEK BEFORE TRAVEL

  - Learn how UHC Global works: [http://ogc.yale.edu/FrontierMEDEX_Program](http://ogc.yale.edu/FrontierMEDEX_Program)
  - 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, or program them into the phone you’ll use while abroad
  - For a list of numbers, see [http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/safety](http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/safety)

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

- Find out about arrival and departure taxes and currency import and export restrictions for your destination country

- 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: [http://its.yale.edu/services/wifi-and-networks/vpn-campus-access](http://its.yale.edu/services/wifi-and-networks/vpn-campus-access)

- Make sure your laptop, smartphone, etc. are secure
  - Create secure wireless connections: [http://its.yale.edu/secure-computing/Traveling-securely](http://its.yale.edu/secure-computing/Traveling-securely)
  - Remove unnecessary confidential data: [http://its.yale.edu/secure-computing/protecting-yales-data](http://its.yale.edu/secure-computing/protecting-yales-data)
  - Obtain a reliable physical lock for your laptop (airports are a prime location for laptop theft): [http://its.yale.edu/secure-computing/physical-security](http://its.yale.edu/secure-computing/physical-security)

- 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: [http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/safety](http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/safety)


For additional resources visit: [http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/planning](http://world-toolkit.yale.edu/resources-topic/travel/orientations/UG/planning).