

# International Travel Checklist

for  
Yale Graduate & Professional students

## 2-3 MONTHS BEFORE TRAVELING

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- 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://wwwnc.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

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- 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

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- 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>.