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 travel health consultation, get necessary immunizations** ([http://wwwnc.cdc.gov/travel/default.aspx](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](http://yalehealth.yale.edu/more/travel-health-services-students)) or 203-432-8148
  - Your physician

### 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)
- **Request an ISOS travel briefing**: [https://ogc.yale.edu/sites/default/files/isos_travel_request_briefing_form_4-2019.doc](https://ogc.yale.edu/sites/default/files/isos_travel_request_briefing_form_4-2019.doc)
- **Register your travel**
  - Yale: [https://world-toolkit.yale.edu/yale-travel-registry-instructions](https://world-toolkit.yale.edu/yale-travel-registry-instructions)
  - 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

- Print your International SOS card: [https://ogc.yale.edu/sites/default/files/isos_yale_card_12042018.pdf](https://ogc.yale.edu/sites/default/files/isos_yale_card_12042018.pdf)
  - Learn how ISOS works: [https://ogc.yale.edu/erm/ISOS](https://ogc.yale.edu/erm/ISOS)
  - 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: [https://software.yale.edu/software/cisco-vpn-anyconnect](https://software.yale.edu/software/cisco-vpn-anyconnect)

- Make sure your laptop, smartphone, etc. are secure
  - Create secure wireless connections: [https://cybersecurity.yale.edu/travelsecurely](https://cybersecurity.yale.edu/travelsecurely)
  - Remove unnecessary confidential data: [https://your.yale.edu/technology/data-security/protect-your-data](https://your.yale.edu/technology/data-security/protect-your-data)

- 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).