Travel Tips
Before you travel, consider these helpful tips!

MONEY
• Get some [local currency] to bring with you. You can buy currency at most banks. It might take a few days for them to order it.
• Tell your banks and credit cards about your travel plans so they do not think your card was stolen and deactivate it when you try to use it abroad
• Some countries require you to use a PIN when using your debit or credit card. Know your PINs.
• Make copies of all cards so you know whom to call if the cards are lost or stolen. Store in a safe place upon arrival.

COMMUNICATION
• Make a plan for how you will communicate abroad. Do not rely on wifi! Make sure you can always communicate in an emergency. Basic options are: 1) adding an international calling plan to your current phone plan 2) buying a SIM card for your unlocked phone or 3) buying a local phone upon arrival.
• Purchase an external battery/portable charger to carry with you in case phone battery is dead
• Print and carry a paper copy of your destination and flight info (in case your phone lost, stolen, dead)
• Consider downloading a map of your local area that you’ll be living in
• Consider downloading a translation app in your host country’s language
• Make a paper copy of valuable documents (photo page of passport, visa, medical info) and store in a safe place upon arrival
• Outlets are [different in other countries]. Learn what kind of plug you will need and buy the appropriate adapter plug and/or converter. Consider a universal adapter.
• Always share your itinerary with someone and consider [sharing your google location]
• Develop a plan with your family or loved ones in the US about how you will communicate
• Know how to ask for help in your host country’s language and what the emergency numbers are

HEALTH
• Consider scheduling a routine check-up with doctor/dentist/therapist
• Go to a Travel Clinic, they can help with vaccination requirements, planning for prescriptions, country-specific information, prescription for Travelers Diarrhea, etc.
• Consider your pre-existing conditions—have a plan for managing your health
• Double-check vaccination requirements of all countries you will be visiting
• Have a plan for managing your prescriptions
• Prepare for [managing your mental health abroad]

SAFETY
• Be aware that some behaviors that are culturally and legally acceptable and safe in the US may not be safe or legal in your host country. Research your host country’s laws and customs around gender, race, and sexuality.
• Understand the cultural and political environment you are visiting. How do people in your host country view the US?
• Register all travel plans with the [US State Department’s Smart Traveler Enrollment Program (STEP)]
• PACK LIGHT, you will need to manage your own luggage

Bon voyage!