

International Travel Checklist

- As needed, contact banks and credit card company and inform them of travel plans so they don't inactivate your account when you use bank or credit card abroad.
- Memorize PINs for credit/bank cards (PINs are needed to withdraw money abroad; your credit card company will usually give this to you only in the mail, not over the phone)
- Immunizations (check with your doctor to see if needed—depends on destination)
- Leave copy of itinerary with contact info for family/friends.
- Passport with visa (if required, as for China).
- Check the expiration date of your passport and note that some countries require at least 6 months to be remaining to allow entry.
- Second form of ID (driver's license)
- Tickets
- Reservation confirmations
- Book local tours in advance
- International Driver's License, if needed in destination country (can get from AAA)
- Invitation or tour reservation form to show immigration officer, if asked (depends on country).
- Copy of directions to destination after arrival in the local language (if needed for taxi driver)
- Wake-up device
- Contact info for local US consulate, if going for long trip and/or to dicy destination. The US State Department also maintains a travel advisory web site.
- Make sure you know all passwords you will need while traveling
- Watch
- Pocket dictionary
- Cash
- Check on how your health insurance handles overseas emergencies
- Health Insurance card, with international emergency phone number to call if need guidance.
- Travel insurance (optional)
- Mail hold, empty trash, adjust thermostat, arrange for pet care, lawncare, etc.
- Undies
- Shirts
- T-shirts
- Shorts
- Socks
- Pants
- Jacket (it will be cold on the plane, if nowhere else)
- Rainjacket
- Hat
- Travel vest
- Shoes
- Sandals
- Sunglasses
- Sun Block
- Swimming stuff
- Pajamas
- Traveler's wallet (big enough to hold passport)
- Books (travel and otherwise)
- Know the currency exchange rate and what your plan is for accessing cash while traveling.
- Calculator
- Maps
- Extra passport photos (sometimes needed; for example, to get Tube pass in London)
- Ziploc bags
- Extra toilet paper (in Ziplocs)

- Extra glasses
- Extra floppy suitcase (in case you fill up your primary suitcase)
- Handbag or light backpack.
- Plastic bags for dirty clothes
- Toothbrush and toothpaste, floss
- Shampoo in non-leak bottle
- Towel
- Shaving stuff
- Buff, scarf, or bandana
- Simple first aid kit, including band-aids and antibiotic ointment
- Tweezers
- Q-tips
- Fingernail clippers
- Water bottle
- Pills, tablets and medicines (incl. eye drops, antacid, and aspirin)
- Fem. monthlies
- Wall socket adapter
- Charging cables
- Padlock (if staying in hostels)
- Flashlight/reading light
- Extra batteries for electronics
- Camera equipment (or just cell phone)
- Laptop and cord
- Music player
- Headphones
- Pre-Address Mailing Labels to Attach to Postcards
- Tissue for washing glasses.
- Figure out what your plan is going to be for using your cell phone. You may need to arrange with your provider for an affordable international roaming/data plan before departure. Alternatively, you may decide to purchase/rent a pre-paid phone upon arrival or just go with your computer, wi-fi, e-mail, and Zoom (or equivalent).
- List of people to get gifts for
- Gifts for hosts
- Eyeglass screwdrivers and pliers
- If you are going to be staying in dorm-style hostels during your journal, bring a small padlock
- Be aware of whether there are any holidays or festivals under way at your destination that may disrupt things like ground transportation, what banks and businesses are open, etc.
- Try to learn at least a few polite phrases in the language of your destination.
- Make any required pre-arrangements with your employer/host/funding agency regarding eventual reimbursement of travel expenses. Save receipts and used boarding passes.
- Be especially careful about traffic patterns when traveling (crossing the street, etc.). Traffic patterns and customs can change a lot from place to place and it is easy to make a mistake.
- Be wary of overly friendly strangers, especially in tourist crossroads.
- Remember that courteous behavior is welcome all over the world.

“...be as wise as serpents and innocent as doves.” -Jesus, Matthew 10:16

“Traveling ought to teach him distrust; but at the same time he will discover how many truly kind-hearted people there are, with whom he has never before had, or ever will again have any further communication, who yet are ready to offer him the most disinterested assistance.

-Charles Darwin, Conclusion of Voyage of the Beagle