International Travel Checklist  (Use at Own Risk!)

- Call 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 (they will!)
- Memorize numerical 4 digit PINs for credit/bank cards (PINs are needed to withdraw money abroad; your credit card company will usually give this to you 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)
- Check the expiration date of your passport.
- 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 immediately 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.
- 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 lawncare, etc.
- Undies
- Shirts
- T-shirts
- Shorts
- Socks
- Pants
- Jacket
- 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)
• Plastic bags for dirty clothes
• Toothbrush and toothpaste
• 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
• Flashlight/reading light
• Extra batteries for electronics
• Camera equipment
• Battery charger for camera
• 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 possibly Skype.
• List of people to get gifts for
• Gifts for hosts
• Eyeglass screwdrivers and pliers
• 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 keep in mind that used boarding passes are sometime required.
• 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.
• Have fun!

“…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