

# International Pre-Travel Checklist



## Education and Awareness

- Review a current country report from UnitedHealthcare Global, the U.S. Government, or other reliable source for your destination locations.
- Learn about any key dates, holidays or events that may occur during your visit.
- Register with your country's embassy or consulate. U.S. citizens can register through the U.S. State Department's travel website.
- Check with local and foreign airports for updated restrictions or additional information prior to and during your travels.

## Travel Documents and Itinerary

- Confirm your passport is current, with a minimum 6 months prior to expiration remaining after your return home date – longer for expatriates.
- Confirm all visa requirements will be met and are current before booking travel.
- Ensure a friend or relative / your supervisor has a copy of the itinerary and schedule.
- Ensure you have your friend or relative / supervisor's contact information in case the itinerary changes.
- Have photos or photocopies of all travel documents, including passport, visa, credit cards, and tickets. Carry one set separate from originals and leave one set at home or with a friend or relative.

## Health

- Check with your doctor to determine whether you are fit to travel.
- Obtain details of your destination's travel health risks and learn how to avoid contracting these health risks.
- Keep written instructions and copies of prescriptions that may be required. Be sure to refer to pharmaceuticals by their generic name(s) and know the dosages.
- Have sufficient quantities of your prescription medication, including extra for any travel delays that may be experienced and bring them in carry-on luggage in their original containers with corresponding prescriptions.

## Security

- Have a check-in procedure with your family or employer, including established dates and times for checking in.
- Prior to departure, arrange transportation plans to travel from the airport to your destination.
- Determine if you will have cell phone service at your destinations in advance or purchase the option from your carrier.

## Finance

- Obtain sufficient cash in local currency for out-of-pocket funds that cannot be put on a credit card before departure.
- Make a photocopy of your credit card (front and back) to be carried separately.