



Travel safe checklist

This is not your typical, “pack three shorts, two pair of pants, and sunscreen” type of travel checklist, but a travel checklist to ESSENTIALS if you are traveling internationally.

Photocopy it. Use it. Distribute it.

And help your friends be safe and better prepared!

NOTE: *We highly recommend making actual photocopies of all important documents for your suitcase and another copy to be left with a contact back home (they can always fax them to you as needed). We do not recommend simply taking pictures of these documents just in case your phone is stolen, dropped, or runs out of power.*

MEDICAL:

- Are your inoculations up-to-date? Including all immunizations that are required for the country you are traveling to?
- If you need additional inoculations, have you allowed at least 4-6 weeks before any international travel for the medicine to be effective?
 - Hep B, rabies, malaria and Japanese encephalitis all are multi-dose at least 1-2 weeks before departure.
 - Tetanus, hepatitis A, typhoid, and polio are all single-dose vaccines. *However, if you are leaving too soon after, your body might not have time to develop protection after the shot.*
- Do you have a copy of your signed inoculation card? *Proof of immunization is a requirement for entering some countries.*
- Have you scheduled a general physical/doctor’s health check-up before you leave?
- Talk to your doctor about adjusting your medication schedule if you are crossing time zones.
- Do you have sealed prescriptions in original bottles? *Open or unlabelled containers may be risking trouble entering or exiting some countries.*
- Request written prescriptions from your doctor for each medication for border checks? *Each prescription medication should have a note with Doctor’s name on stationary with medication, dosage and your name.*
- Ensure that your medications are not considered illegal substances under local laws?
- Have you scheduled a dental check up before you leave?
- Have you checked with the Center for Disease Control on your country of destination?
(<http://wwwnc.cdc.gov/travel/destinations/list>)

IMPORTANT/TRAVEL DOCUMENTS:

- Is your passport expiration date six months after your return date?
- Does your passport have at least one blank page per country you will visit?
(*Some countries require that your passport contain one or more blank pages for stamps.*)
- Is a visa required for the country you are going to?
- Do you have extra passport photos with you just in case?
- Need to hire a “Travel Expediter” for documents?
- Have you updated your driver’s license to RealID? Have Global Entry or TSA Pre-check?
The government requires every U.S. state to be in compliance with the REAL ID Act to travel.
See: <https://www.gninsurance.com/blog/news-and-helpful-links/tsa-drivers-license-at-airport/>





- Have you checked with the State Department/Foreign Office/Department of Foreign Affairs and Trade on your country of destination regarding travel risks/health risks?
<https://travel.state.gov/content/travel/en.html>
<https://www.gov.uk/foreign-travel-advice>
<http://smartraveller.gov.au/Pages/default.aspx>
- Have you packed copies of any important letters of reference, or letters of introduction?
- If your original documents are in English or French: Do you need to get any of them translated?
- Have you printed boarding passes and tickets? For both directions? (You may not have access to a printer depending on your destination for the return trip).
- Is your will up to date? Other advance medical directives? Power of attorney?

PREPARATION AT HOME

- Have you checked your cellphone providers "unlocking policy." Checked on roaming charges? Do you plan to buy a local SIM card? Is your phone GSM or CDMA? *International networks use GSM. You may need an international plan or have your provider "unlock" your phone.*
– If you're taking your smartphone overseas, we recommend you start this process at least a week in advance. Check <https://gigaom.com/2014/07/28/unlock-phone-att-verizon-tmobile-sprint/> and <https://www.fcc.gov/consumers/guides/cell-phone-unlocking-faqs>
- Have you decided if you want to receive email while overseas? *If you receive a lot of promotional emails or large attachments you may pay a fortune for data, or cause your phone to be unusable due to slow networks.*
- Have you called your bank or credit card company to let them know you'll be traveling? *Otherwise they might put a hold on your purchases overseas or require you to call and verify your ID in the middle of the night (based on time zone differences).*
- Have you checked if your magnetic strip credit card will work overseas? *Many countries have switched to chip readers so update your card before you leave.*
- Have you gotten our free **"Definitive Guide to Jet Lag"** in order to make the most of your trip/not waste time trying to catch up with local time? – <https://www.gninsurance.com/free-guide-on-preventing-jet-lag/>
- Do you know a physical address where you will be staying during your first days? *Some countries require this information in order to be admitted at customs/immigration.*
- Have you downloaded vital (as well as popular) medical and travel apps depending on your destination/reason for travel? Skype? Zoom.us? Whatsapp?
https://www.gninsurance.com/medical_apps_for_travel/
<https://www.gninsurance.com/essential-travel-apps/>
- Researched a WiFi VPN? Cyberghost? TunnelBear? EssentialVPN? (See the article on VPNs in this safety guide.)
- Do you have local numbers for your embassy, the police, 911? Consular duty personnel are available for emergency assistance 24 hours a day, 7 days a week at U.S. embassies, consulates and agencies overseas. *Contact information for U.S. embassies, consulates and consular agencies overseas may be found in the State Department's Country Specific Information pages.*
- Do you have a way to contact your local hosting organization/contact 24/7?
- Have you created a prearranged way to ALWAYS tell someone where you are going, how you plan to get there and when you will check back in with them? *Via text, cell call, WhatsApp, Skype, Facebook Messenger,...* (See the article on unlawful detention in this guide.)
- Have you downloaded any maps of cities or areas you be traveling in? *You may not have cell service or WiFi depending on your location.*
- Have you checked the voltage and adapters for all electronics? *Your charger only works if you can plug it in!*

TRAVEL INSURANCE

- Will your domestic health plan cover you overseas? Contact www.gninsurance.com **Note: Medicare does not cover you abroad. Neither do most domestic or employer health plans except in cases of life-and-death.**
- If your domestic plan does cover you, have you secured "emergency evacuation-only" coverage?
- Have you communicated all pre-existing conditions to your travel insurance broker?
Some plans will include pre-existing conditions, while others exclude them, or only cover "sudden and unexpected re-occurrences" so a trip to a hospital due to a kidney stone would not be covered.



- Have you made sure your travel insurance plan will cover you for the region/things you will be doing on your trip? (*Some insurance will exclude countries listed on foreign travel warning sites in the last 6 months. Some plans may also exclude certain sports, ziplining, riding motorscooters.*)
- If going overseas two months or more, your domestic insurance may cancel you for lack of residency. *Requiring you to secure overseas insurance and reapply for domestic insurance when you return.*
- Do you have a printed copy of your travel medical insurance card in your wallet or purse? Can it be found by others if you are in an accident or are unresponsive? (*It doesn't matter if you know where it is, if you are unconscious.*)
- Have you taken a photo of it with your smartphone?
- Have you sent a copy of your policy to a loved one/emergency contact back home?
 - Given a copy to someone else traveling with you?

PACKING

- Do you have your important medication in your carry-on (in case checked bags are lost or delayed)?
 - Contact **TSA Cares** if you have questions. They assist travelers with disabilities and medical conditions. The TSA recommends you call 72 hours ahead of travel about what to expect during screening and questions about screening policies and procedures. Call **TSA Cares** toll free at 1-855-787-2227. Hours are 8 a.m. to 11 p.m. (EST), Monday through Friday and 9 a.m. to 8 p.m. (EST), weekends and holidays.
- Have you packed a power strip? *Most hotels often only have one or two outlets per room.*
- Do you have a name/proof of ownership in each piece of luggage you are checking?
- Do you have an easy way to quickly secure your bags from pickpockets? (*Locks, duct tape, even a paper-clip looped through both zipper pull tabs to discourage theft?*) *This will discourage pickpockets and it will also discourage people stashing things in your bags such as drugs to get through customs or security.*
- Did you pack hand sanitizer (kills 99.5% of germs!), sunscreen, insect repellent, mosquito netting?
- Do you have a minimal first aid kit, anti-diarrheal meds, pain killer/aspirin, anti-nausea, or if staying longer:
 - A "bug-out bag" or "grab-and-go bag?"
- Consider packing Boudreaux's Butt paste/A+D Diaper Rash Ointment. *Many travelers have found baby bottom diaper rash crème to be a great comfort if they get diarrhea while traveling.*

LAST MINUTE

- If you have any prior medical condition or history that may increase your risk:* Do you have a card in your wallet describing what to do in case of emergency (*in case you are unconscious/unable to communicate*)?
- Have you taken smartphone photos of your passport, visa, prescriptions, reservations, other documents?
- Have you sent hi-res photos of your important documents to a loved one back home in case of emergencies? *Not just stored locally on the phone, not "on the cloud," in case your phone is stolen or taken.*
- Have you attached a piece of regular masking tape to the backside of your passport, or put a card in your wallet with "name, blood type, any allergies to medications, required medications or medical conditions, and an emergency contact number?"
- Confirmed who will be picking you up at the airport? How to get from airport into the city?
- Do you and the person picking you up have clear instructions on what you/they will be wearing, the sign they will be holding, where to locate one another?
- Do you have a plan on how will you connect with them if late or lost?
- Have you stopped or held postal mail while away, newspapers, housecleaners, the pool man,...?
- Unplugged and switched off items at home? (*Remembered to turn everything off, or unplug them, to conserve energy and save money such as thermostats, etc.*)
- Arranged for lawn care? Landscape maintenance? Trash pickup while away?
- Emptied the fridge of spoilable items?
- Emptied the trash of spoilable items?
- Given your house key to a friend or family member to check on pets, water plants, cut the lawn...?
- Let your neighbors know who will be stopping by while you are gone so they don't call the police?
- Turned-off or turned-on settings for irrigation timers, timed lights, etc.? (*Timers can turn on a lamp or two at night for a few hours so it appears as if someone is home.*)

WHEN YOU ARRIVE/IN-COUNTRY

- Do you need to register with the immigration police within a certain period of time after arrival?
- Do you need to file (work) papers from/with a local organization?
- Let your local embassy know you are there/in-country?
- Are there any security/safety briefings or updates you need to attend or read?



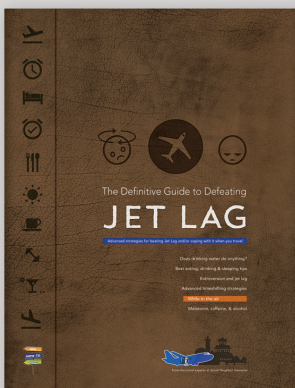
good neighbor
insurance

International Health Insurance • Travel Insurance • Supplemental Plans

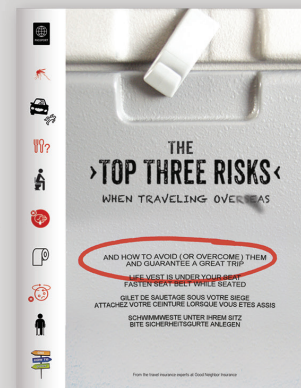
- Practice safe eating Bottled water
- Read the rest of this guide so you do not become a victim.
- If you need to be seen by a doctor - Remember to call the number on the back of your medical I.D. or insurance card.
- Request all medical receipts save for reimbursement.
- Document everything to submit to your insurance carrier.
- Confirm your return flights
- Begin to prepare for reverse jet lag a couple of days early using the techniques in the free **"Definitive Guide to Jet Lag."** www.gninsurance.com/free-guide-on-preventing-jet-lag/
- Are there entrance or exit fees for the country you are traveling to? *If they are not included in your airline ticket, when leaving, these may need to be paid in local currency.*
- Departure: Is local currency needed for tipping?
 - While waiting in the airport?

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Each is meant to help you travel a little safer and a little smarter.

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