

# International Travel Checklist

By Nicole Nichols-West

- Planning details**
  - Paperwork** Apply for your passport with all visas well ahead of departure. If you already have one, be sure that it is valid and that your renewal date falls well after you return.
  - Immunizations: Double check that you know what is required in every country you will be visiting and get your shots well in advance.**
  - Communications** Reconfirm your arrival dates via fax or emails to your hotels or other accommodations, especially if they are going to pre-arrange any transportation services.
  - Hold services** Cancel newspaper deliveries and arrange for the post office to hold mail delivery.
  - Pet care** Arrange for a sitter, or for boarding.
  - House care** Arrange a house sitter, or someone to water plants and keep an eye on things.
- Documents to take with you**
  - Passport and required visas, and record of immunizations** Keep them handy at all times.
  - Airline round-trip tickets** These are important in case the country requires return verification.
  - State drivers license** You may also need an international driver's license.
  - Traveler checks** Possibly also pre-purchased foreign currency available at your local bank.
  - Internationally accepted credit cards** Use these for all purchases except tipping or smaller transactions.
  - Travel itinerary** Include all telephone numbers and addresses for destinations.
  - Proof of Purchase** Important for items such as a laptop so there can be no question of ownership.
  - Copies.** Have two of everything in case one set gets lost!
- Insurance**
  - Medical insurance** Find out if your medical insurance is valid in other countries in case of an emergency. If not, consider purchasing a travel medical insurance policy.
  - Driver's Insurance** Some automobile insurance coverage is portable to other countries. If your coverage is portable, you can save buying car rental liability insurance.
  - Traveler's insurance.**
- Important items to pack**
  - Prescription drugs** These should all be clearly marked and in childproof containers.
  - Basic first aid kit** Include salt tablets for arid countries.
  - Medical cards** These should state any allergies or medical conditions.
  - Luggage** Plain and durable is best.

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- Foreign language/English paperback book** Be familiar with basic terms.
- Battery or wind-up alarm clock** Be sure to set it and your watch on local time.
- Electrical adapters** Most countries uses 220 volts.
- Personal appliances** Hair dryers, curling irons and electric razors.
- Flashlight** This comes in handy in case of a blackout.
- Items to leave behind**
  - Itinerary.** Leave a copy with family or a friend
  - Passport copy.** Including all pages and photo and all other travel documentation
  - Unnecessary credit cards** Any cards you will not be using, leave at home.
  - Expensive jewelry** Other than your wedding rings and watch, any other jewelry should be costume.
  - Knives** Really, any sharp object that may be mistake as a weapon.
- When you arrive at your destination**
  - Reconfirm your next day itinerary** Also check on any future flights, hotels or car rentals.
  - Exchange currency** Have enough small currency for tipping and small purchases. Banks normally give the best exchange rate.
  - Consulate contact** Register with the Embassy for visits beyond a few days.
  - Check for hotel exits and emergency instructions** Know where to go in case of a fire.
  - Verify telephone service** Call the desk to be sure your phone works.
  - Check locks** Be sure that they work. Never leave your room key at the front desk.
  - Public transportation** Inquire with hotel staff which sources of public transportation are the most economical and the most reliable.