

UMMS Pre-Travel Checklist

Pre-Travel Preparations

- ☐ Confirm sufficient validity and blank pages in your passport for pending international travel. At least two blank pages and six months validity are required in most countries.
- ☐ Determine visa requirements. Contact the ISS in case of any outbound visa-related questions
- ☐ Ensure that you have local and ISS emergency contact information. Program all numbers into your phone.
- ☐ Review [CDC destination-specific guidance](#) to determine recommended and routine vaccinations, prevalent diseases and need for malaria prophylaxis. As necessary, make an appointment with travel clinic, ideally at least 4 weeks prior to departure. Inform clinician of the country(ise) to which you will travel in advance.
- ☐ Determine whether your US phone will work in country. Consider enabling your line for global roaming securing local SIM. <http://its.unl.edu/bestpractices/international-travel>.
- ☐ Confirm/update personal contact information (including Skype address) and emergency contacts UMMS HR and your personal emergency contacts.
- ☐ Register with the [US State Department STEP](#) program to receive alerts for your destination countries
- ☐ Be familiar with emergency assistance support available through AXA/ACE. Download a copy of the card here: <https://www.umassp.edu/sites/umassp.edu/files/content/UMass%20Travel%20Card.pdf>
- ☐ Procure all necessary prescription and OTC medications and confirm none are beyond expiration date.
- ☐ Prepare and pack your personal travel medical kit (see example below).
- ☐ Carry personal prescription medications and copies of all prescriptions (inclusive of the applicable generic name/equivalent) in your carry-on bag while traveling (ideally in original packaging).

Day before you Fly

- ☐ Confirm your flight times/connections with your airline.
- ☐ Confirm arrangements for local transportation upon arrival. Ensure that you have local contact info.
- ☐ Ensure that you have all visa and entry/exit paperwork, including your vaccination card.
- ☐ Carry the address and phone numbers for UMass travel assistance, ISS, local contact, hotels, etc.
- ☐ Make sure that you have sufficient quantities of an accepted currency (including any visa payments)

Upon Arrival

- ☐ Confirm your safe arrival with your local contact, your US emergency contact and your Advisor/Dept.
- ☐ As applicable, secure a local phone connection and relay your contact information to the above contacts.
- ☐ Program all local emergency contact phone numbers into your phone.

Travel Medical Kit – Suggested Contents

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| <input type="checkbox"/> Anti-Diarrheal medication | <input type="checkbox"/> Mild laxative and an antacid |
| <input type="checkbox"/> Antibiotics (e.g., Ciprofloxacin for self-treatment of moderate to severe diarrhea) | <input type="checkbox"/> Anti-fungal/anti-bacterial cream and 1% hydrocortisone cream |
| <input type="checkbox"/> Antihistamine and decongestant | <input type="checkbox"/> Sunscreen (15 SPF or higher) and aloe gels |
| <input type="checkbox"/> Acetaminophen, aspirin, Ibuprofen, sleep aid | <input type="checkbox"/> Insect repellent containing DEET (up to 35%) |
| <input type="checkbox"/> Digital thermometer | <input type="checkbox"/> Antibacterial hand wipes or hand sanitizer |
| <input type="checkbox"/> oral rehydration solution packets | <input type="checkbox"/> Bandages, small scissors, tweezers, nail clippers |

Check out the [CDC “Pack Smart” guide](#) for more detailed guidance for medical kits and travel health.