

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

<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.