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| 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**](https://wwwnc.cdc.gov/travel/destinations/list) 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**](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**](https://step.state.gov/) 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**](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. |

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

*Check out the* [*CDC “Pack Smart” guide*](https://wwwnc.cdc.gov/travel/page/pack-smart) *for more detailed guidance for medical kits and travel health.*