UMMS Office of Global Health Pre-Departure Checklist

To complete 90 days prior to departure:

— Attend a Global Health Office Pre-Departure Workshop. For schedule, visit http://umassmed.edu/globalhealth.
— Consult the State Department’s website for travel advisories and warnings: http://travel.state.gov/
— Make sure that your passport is current; if not, renew it now.
— Check whether you need a visa and the entry/exit requirements for your country: http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html.
— Consult the CDC website for travel preparation recommendations for your specific destination(s). This website provides comprehensive information about relevant health and travel advice: http://www.cdc.gov/travel/.
— Visit your PCP, a travel clinic or Employee/Student Health AT LEAST THREE MONTHS BEFORE your departure to get necessary vaccinations and medications. If you elect not to take supplies of particular prophylaxes, be sure you know if and where you can get them locally.
— Contact your local mentor to make specific plans for your global health project and to develop emergency and evacuation protocols.

To complete 30 days prior to departure:

— Register your travel with the Global Health Office online at http://umassmed.edu/globalhealth.
— Submit a signed International Travel Liability Release Form, available at http://umassmed.edu/globalhealth.
— Check whether your personal healthcare insurance covers emergent medical care and emergency and evacuation assistance in your area of travel. The University provides international travel insurance through AIG WorldRisk Travel Insurance to its students, faculty and staff while on approved travel.
— Plan to get a global cell phone. They can often be purchased at your destination’s airport for a low cost.

To complete one week prior to departure:

— Register your travel plans with the State Department online at http://travel.state.gov/travel/tips/registration/registration_1186.html and familiarize yourself with the US Embassy or Consulate in the country you are visiting.
— Make copies of your passport, visas and itineraries to keep as backup and also leave copies with family or friends in the States.
— Find out if your travel destination is a cash economy and if so, make sure you will have adequate access to cash.

Some items you should consider bringing:

— Iodine tablets and portable water filters
— Insect repellent with 30-50% DEET and a bed net
— Sunblock and sunglasses
— Medications for diarrhea and constipation. Sugar-free candy with sorbitol can be used as a natural laxative.
— A sufficient supply of medications that you take daily (plan to order in advance with your physician)
— Hygiene and feminine products
— Anti-malarial medications
— Alcohol-based hand gels or wipes