

Pre-Trip Checklist for Student Travelers

Traveling as a student can be an exciting adventure, but it's crucial to be prepared. This handy checklist helps guide student travelers through essential safety and security concerns while traveling aboard.



Destination Research

- Security – Types of crime, unsafe areas, common scams, natural disasters.
- Cultural norms – Social etiquette, appropriate dress, public behavior, religious practices.
- Local laws – Public photography, religious laws, rules for carrying identification, LGBTQ+ issues.

Health

- Check for local health issues, such as tap-water safety, vaccinations and common illnesses.
- Locate nearby hospitals and clinics and save their locations to your phone.
- Visit your doctor before traveling for a checkup and any necessary vaccinations or prescriptions.
- Get a copy of your health record and all prescriptions and translate them into the local language.
- Make sure prescription/over-the-counter medications and amounts are legal at your destination.
- Pack enough medication for the trip, in the original containers, in your carry-on luggage.

Getting Around

- Research the transportation system and how to use it.
- Look up general routes between planned destinations.
- Save important locations and routes to an offline map so you can use it without mobile service/Wi-Fi.
- Familiarize yourself with the local currency, how to withdraw/receive money and commonly accepted payment methods.

Communication

- Buy a SIM card or a mobile plan that will work at the destination.
- Know how to make local, international and toll-free calls on a mobile phone and from landlines.
- Store all important contacts on your phone.
- Establish a trusted contact at home, share itinerary information and make a plan to regularly check in.

Accommodations

- Make sure planned accommodations have appropriate security and fire safety.
- Secure luggage with a padlock.
- Try to get a room that locks and buy a doorstop to use in addition to door locks.

Documentation

- Passports should be valid for at least six months – both for yourself and your emergency contact.
- Notify banks/credit card companies of upcoming travel.
- Obtain power of attorney and health care proxy forms so parents or guardians can act on your behalf in an emergency.
- Make copies of your passport, visas, medical documents, travel insurance forms, credit cards, etc.
- Save all documents in a secure digital-storage application and leave copies with a trusted contact at home.

Emergency

- Ensure your travel insurance plan is the right fit for your destination(s) and planned activities.
- Keep a backup hard copy of all emergency numbers.
- Learn basic emergency phrases in the local language, including for allergies and health conditions.
- Make an emergency communication plan with travel companions and a trusted contact at home.

Studying Abroad

- Obtain program details on available insurance coverage and what to do in an emergency.
- Request details on the program's security and health protocols.
- Include important program contacts with other emergency numbers.
- Ensure all legal documentation, such as a power of attorney, is completed and submitted.



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