

# International Travel Pre-Departure Checklist

<input type="checkbox"/>	<p><b>Understand your Environment:</b> Consult the following resources prior to departure to identify known risks for your destinations:</p> <ul style="list-style-type: none"> <li>• <a href="#">U.S. Department of State country information</a></li> <li>• <a href="#">Overseas Security and Advisory Council (OSAC)</a> Crime and Safety Report</li> <li>• <a href="#">Centers for Disease Control and Prevention (CDC)</a> Travelers' Health section</li> <li>• <a href="#">U.S. embassy website</a>; specifically the U.S. Citizen Services section</li> <li>• <a href="#">World Health Organization (WHO)</a></li> </ul>
<input type="checkbox"/>	<p><b>Mentally Prepare:</b> Picture yourself taking steps to mitigate known risks. What transportation will you use? Are there locations you will need to avoid? Do you have maps to consult ahead of time to get your bearings? Are you prepared to relinquish your wallet or purse without resistance? Do you know what to do in the event of a natural disaster or other mass event known to occur in your destination?</p>
<input type="checkbox"/>	<p><b>Emergency Services:</b> Consult the <a href="#">U.S. Department of State country information pages</a> - specifically the Safety and Security section - to find 911 equivalents.</p>
<input type="checkbox"/>	<p><b>STEP:</b> Register your trip in the U.S. Department of State's <a href="#">Smart Traveler Enrollment Program (STEP)</a>. If you are not a U.S. citizen, consulate with your local embassy for similar programs.</p>
<input type="checkbox"/>	<p><b>Communication Plan:</b> Have a communication plan in place; know who to call when. Carry an <a href="#">Emergency Contact Card</a> with you. Confirm communication plans and emergency contacts with your program provider, if applicable. Carry a smartphone with you unless your program provider or advisor confirms alternate plan with you.</p>
<input type="checkbox"/>	<p><b>Research:</b> Read up on local culture, customs and current events. Write down key phrases in the local language that would help you ask for help in an emergency and convey any serious medical condition or allergy you may have.</p>
<input type="checkbox"/>	<p><b>CISI Insurance Plan:</b> Confirm receipt of your CISI insurance card. It will come to your uiowa.edu email account around 25 days prior to departure. Consult the <a href="#">Iowa Regents Universities International Health Insurance Plan</a> to learn about coverage under the policy.</p>
<input type="checkbox"/>	<p><b>CISI Web Portal:</b> <a href="#">Create an account</a> on the CISI web portal so you can access destination information, locate local healthcare specialists, and download additional insurance cards if needed.</p>
<input type="checkbox"/>	<p><b>Visit Your Healthcare Provider:</b> Consult the <a href="#">International Travel Health Preparation Guide</a> and get medical and dental check-ups before departure. Contact <a href="mailto:safety-abroad@uiowa.edu">safety-abroad@uiowa.edu</a> for assistance setting up a continuity of care plan if you will be managing an ongoing physical or mental health condition while you are abroad.</p>
<input type="checkbox"/>	<p><b>Finances:</b> Call your bank/credit card companies to make sure they know where you will be traveling. Consider signing a Power of Attorney; <a href="#">UI Legal Services</a> can provide assistance.</p>