

AIR MAIL

Travel Checklist

**Please use this list as a suggestion of what you may need for your travels. Adjust based on your destination, lifestyle, and personal needs! We recommend you to take pack light, especially for short term programs.*

Documents:

- Passport
- Boarding pass
- Driver's license
- Health insurance
- Copies of documents
- Cards + cash
- Student ID for discounts
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Toiletries & Health:

- Toothbrush + paste
- Deodorant
- Shampoo + conditioner
- Shaving supplies
- Hand sanitizer
- Sunscreen
- Medications
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Electronics:

- Phone + charger
- Camera + charger
- Laptop + charger
- Travel adapter
- Headphones
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-
-
-

Others:

- Sleeping mask
- Sunglasses
-
-
-
-
-
-

Clothes:

- | | |
|---|---|
| <input type="checkbox"/> Education Abroad T-shirt | <input type="checkbox"/> Comfortable shoes |
| <input type="checkbox"/> Swimsuit | <input type="checkbox"/> Sweater (at least for the plane) |
| <input type="checkbox"/> | <input type="checkbox"/> Shower shoes |
| <input type="checkbox"/> | <input type="checkbox"/> |





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Travel Tips

Documents:

Take a photo of important documents such as your passport, credit cards, insurance cards, etc, and send it to yourself in case you lose these items and need to reorder them. Print two copies of your important documents: bring one with you in your carry-on luggage and leave one with a trusted individual at home.

Money:

Contact your bank and credit card companies to let them know you will be traveling abroad. Ask about possible maximum withdrawal amount, exchange rates, and transaction fees for international use of your cards. There are many credit cards that do not have foreign transaction fees to consider. Determine how you plan to get local currency (before departure or upon arrival).

Health and Safety:

Learn the details of your international health insurance coverage and how to access it abroad. Attend all orientation sessions for your program. Learn the local emergency number. Stay up to date on immunizations. Talk with your doctor about any pre-existing conditions or medications. Get a doctor's note for any prescriptions you plan to carry with you. Bring enough medications, contacts, glasses for entire program.

Communication:

Set up a communication plan with family and friends. Think about how and how often to be in touch. Turn off data usage to preserve battery life and avoid additional charges. Use free wifi when available and as appropriate.





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Recommendations for traveling

Airport:

- Booking your flight:
 - Whenever possible get a direct flight. If a connecting flight is needed, make sure the layover is not less than 2 hours.
- Before getting to the airport:
 - Do not carry liquids over 3oz, and they must be in ziploc.
 - Wear socks to airport because you might have to take off your shoes through security.
 - Check airline baggage fee and weight/size restrictions.
 - Don't forget to have important documents, some toiletries and change of clothes in your carry-on.
 - Take a sweater or blanket as it gets cold in the plane.
- Departing from the U.S. :
 - Arrive 3 hours prior to flight departure time and go to your airline's check-in desk. Be aware that for international flight you might not be able to do online checking 24h prior departure and will need to talk to an agent at the check-in desk.
- Flying while abroad:
 - Research budget airlines in your host region before you leave. For a better deal, be flexible and look for standby.
 - Be conscious of weight restrictions for luggage.

Bus:

- Know whether it is a direct bus route or one that makes frequent stops.
- Know the different classes of buses so you can weigh the options of prices and levels of comfort.

Train:

- Inquire about a student discount.
- Rate the benefits of the intercity train vs. regional train. For example, regional trains make more stops and are slower.
- Plan to use overnight train cars and sleep on the train if you're traveling a long distance.

While in transportation:

- Stay alert!
- Make sure bus and taxi drivers display official badges and permits.
- Research all your options. Public transportation is often cheaper.
- Download the local transportation app if there's one available.
- Keep your metro card or ticket stub on hand to show to transport authorities.

