

ULM Student Travel Checklist

(International Travel Only)

1. ____ Obtain your passport and/or visa.
2. ____ You **MUST** have travel abroad medical insurance that includes repatriation, medical evacuation, and emergency medical coverage. Know what your insurance does and does not cover.
3. ____ Be certain to check with your family physician, area health department, and trip sponsor about required shots and immunizations.
4. ____ Be certain you know how to refill prescriptions abroad.
5. ____ Complete and sign all applications, waivers, medical, legal, personal and emergency information releases.
6. ____ Familiarize yourself with the laws and standards, cultural issues, dress, manners, morals, politics (including civil unrest), traditions, drug and alcohol use, and behavior, of the country(s) you plan to visit. (Pre-trip orientation handout for you to sign.)
7. ____ Know which non-verbal behaviors are considered inappropriate and which are commonly used (certain hand gestures, greeting by bowing, kissing or shaking hands, etc)
8. ____ Obtain your travelers checks/credit cards and know the restrictions on replacement or reimbursements if lost or stolen.
9. ____ Have copies of the nearest American Embassy in the country(s) you plan to visit; including address and phone number. (leave copy with family)
10. ____ Pay rent, utilities, or other timely bills prior to departure.
11. ____ Stop mail and/or newspaper delivery to your house or apartment.
12. ____ Did you take care of all your school needs? See your advisor; finish any financial aid paper work, secure your living arrangements, pay next semesters fees or register for next semester classes.
13. ____ Did you research the cost of the host country and know roughly how much your trip abroad will cost?
14. ____ Leave family and friend's emergency contact numbers.
15. ____ Do you know how your calling card plan works / will cell work?
16. ____ Do you know how the mail service operates abroad when mailing/receiving packages?
17. ____ Do you know how much luggage your airline allows you to travel with? What does your airline permit you to carry on?
18. ____ It is strongly recommended that you pack all your important travel documents in your carry-on bag.
19. ____ Did you research what kind of restrooms facilities and toilets are standard for the country(s) you plan to visit?
20. ____ Be sure to check out the U. S. Dept. of State website at Travel.State.Gov for up to date travel warnings, consular information and public announcements
21. ____ **Attend the mandatory pre-trip orientation meeting.**

Have a great time and try to keep a journal; it's a great way to remember your trip.