Pre-Departure Timeline for International and Domestic Travel

*This pre-departure time is required for all medical students traveling either internationally or domestically for professional purposes.*

6 months
- Make an appointment with the Travel Health Clinic
- Passport & Visa: Make sure that 1) your passport does not expire until at least 6 months after the last day of your trip; 2) you have at least 2 blank visa pages

2 months
- Review the Traveler’s Health information presented by the CDC (www.cdc.gov/travel/destinations/list)
  - If traveling domestically, update routine vaccinations and consult the CDC Current Outbreak List (http://www.cdc.gov/outbreaks/index.html)
  - Complete the Individual Travel Safety Plan if you're traveling to a University Travel Warning or Restriction country

1 month
- Alert your bank and cell phone company of your trip (if applicable)
- Purchase HTHTravel / Evacuation Insurance (www.hthstudents.com)

3 weeks
- Register with the US Embassy STEP program: https://step.state.gov/step/

2 weeks
- Review the CDC's packing list for international travelers called "Pack Smart"
- Exchange money if necessary
- Consult the World Bank's website to determine whether you will need an HIV PEP kit for your destination. Review the GR HIV Brochure to learn how to obtain an HIV PEP kit.

1 week
- Create an emergency contact card to carry (see provided example)
- Make photocopies of important documents
- Review HTH's youtube videos about traveler's diarrhea and insect precautions
- Pick up HIV PEP Kit if necessary for your program

Red: Both Domestic and International Travelers
Blue: International Travelers Only

The electronic version of this checklist can be found on the Global REACH website- http://globalreach.med.umich.edu/students
Pre-Departure Timeline for International and Domestic Travel
*This pre-departure time is required for all medical students traveling either internationally or domestically for professional purposes.*

6 MONTHS IN ADVANCE
- Call UHS Travel Health Clinic 734-764-8320 to schedule an appointment
  - Some vaccines require multiple doses or administration separate from other vaccines
  - Bring a copy of your vaccination history to your UHS appointment
  - This appointment provides information tailored to you and your specific destination

1 MONTH IN ADVANCE
- Purchase HTH Travel / Evacuation Insurance (www.hthstudents.com)
  - This is a **MANDATORY** requirement, even if students have travel insurance through their private health insurance
  - Students traveling before their program start date or after their program end date must purchase HTH Insurance to cover that period of travel.
  - Note: Some program administrators will purchase HTH insurance on the student’s behalf; check with the Student Programs Coordinator whether you already have HTH insurance coverage.

- Consider your communication options while overseas
  - How will family contact you while you’re abroad?
  - How will your mentor and/or teammates contact you in country?
  - Does your current phone accept a non-US SIM card?
  - Do you need a disposable cell phone?

- Determine need for voltage converters and/or plug adapters; purchase or borrow 1-2

3 WEEKS IN ADVANCE
- Enroll in US Embassy **STEP Program** (https://step.state.gov/step/)
  - Recommended for any trip duration
  - Provides assistance if passport is lost or stolen

2 WEEKS IN ADVANCE
- Review the CDC’s "**Pack Smart**" List (http:wwwnc.cdc.gov/travel/page/pack-smart)

- Exchange currency: Bring enough local currency for the first day in-country
  - Consider bringing US cash for emergencies
  - Distribute cash evenly throughout your carry-on and on your person

- Consult the [World Bank's Website](http://data.worldbank.org/indicator/sh.dyn.aids.zs) to determine if you traveling to a country with a high prevalence of HIV.
  - If you will be traveling to a country with a high prevalence of HIV, review the Global REACH PEP Brochure ([GR HIV Brochure](http://globalreach.med.umich.edu/students))
  - Once you determine that you need an HIV PEP Kit:
    - Call Occupational Health Services at 734-764-8021 to make an appointment for student travel abroad with clinic nurse Cherie Holodnick

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☐ Drop off a $20 deposit at the Global REACH office. We will give you a receipt and directions to OHS
☐ Present your receipt to OHS at the time of your scheduled visit

1 WEEK IN ADVANCE

☐ Create emergency contacts card
   ☐ May include: transportation from airport to housing, mentor’s phone number, in-country contact’s phone number, fellow student’s phone numbers, local US Embassy number

☐ Photocopy important documents and put copies in each piece of luggage in case the originals are lost/stolen
   ☐ Prescription medication list
   ☐ Passport face page
   ☐ Credit Cards
   ☐ HTH Insurance card
   ☐ Medication allergies - translated to host language
   ☐ Names and locations of hospitals/medical facilities with HTH supported physicians near your host country residence or program site.
   ☐ Emergency contacts card

☐ Review HTH Insurance’s youtube videos about traveler’s diarrhea and insect precautions
   ☐ Traveler’s Diarrhea
      (http://www.youtube.com/watch?v=jwm2GpNQ5lw&list=PL368698865CF956AD&index=9)
   ☐ Malaria
      (http://www.youtube.com/watch?v=ltb3XUZhxCc&list=PL368698865CF956AD&index=11)