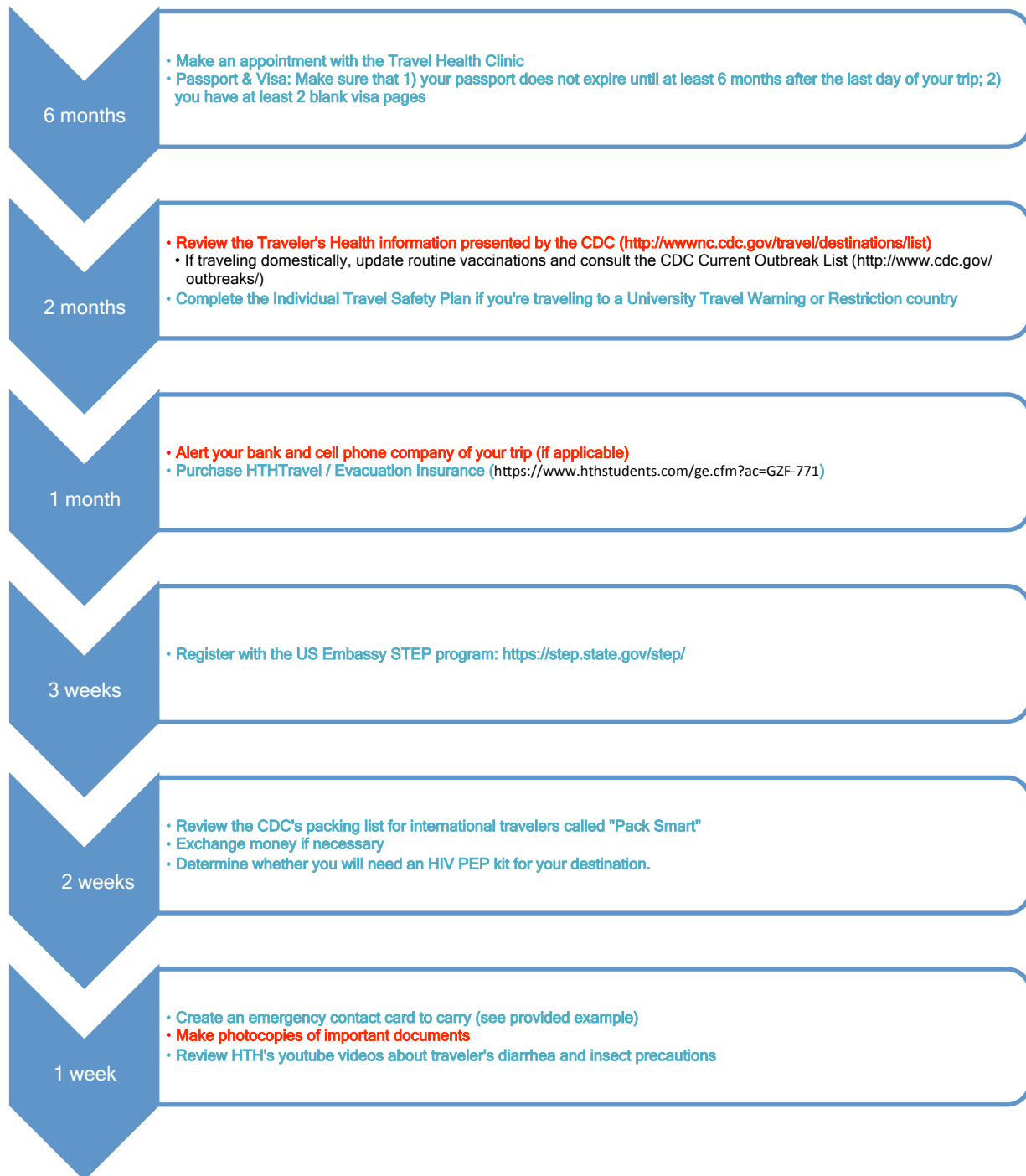


Pre-Departure Timeline for International and Domestic Travel

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



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/) (<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"](http://wwwnc.cdc.gov/travel/page/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) (<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, bring an HIV PEP Kit

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

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- **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=Itb3XUZhxCc&list=PL368698865CF956AD&index=11>)

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