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 (http://wwwnc.cdc.gov/travel/destinations/list)
- If traveling domestically, update routine vaccinations and consult the CDC Current Outbreak List (http://www.cdc.gov/outbreaks/)
- 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 (https://www.hthstudents.com/ge.cfm?ac=GZF-771)

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
- Determine whether you will need an HIV PEP kit for your destination.

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

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, 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

The electronic version of this checklist can be found on the Global REACH website- http://globalreach.med.umich.edu/students
☐ Photocopy important documents and put copies in each piece of luggage in case the originals are lost/stolen
  o Prescription medication list
  o Passport face page
  o Credit Cards
  o HTH Insurance card
  o Medication allergies - translated to host language
  o Names and locations of hospitals/medical facilities with HTH supported physicians near your host country residence or program site.
  o Emergency contacts card

☐ Review HTH Insurance’s youtube videos about traveler’s diarrhea and insect precautions
  o Traveler’s Diarrhea
    (http://www.youtube.com/watch?v=jwm2GpNQ5Iw&list=PL368698865CF956AD&index=9)
  o Malaria
    (http://www.youtube.com/watch?v=Itb3XUZhxCc&list=PL368698865CF956AD&index=11)