INTERNATIONAL SERVICE TRIP TRAVEL TRIPS

Pre-departure Preparation

- **Passport**
  - Make sure your passport is valid through your trip dates and six months after. If it is not, begin the renewal process. Pay attention to timelines and use expedited services as appropriate.
  - Make extra copies of passport/visas/list of US emergency contacts. Place in envelopes and keep one envelope in each piece of luggage you are taking with you.
  - Keep a copy of your passport with you at all times once in-country.
  - Scan a copy of your passport, CISI paperwork, health insurance card, and a list of any current medications. Give a copy to a trusted individual who will be able to access these in case of an emergency. Your trip leader should know how to contact this individual.

- **Prepare to Handle Money Overseas**
  - Check and understand the exchange rate before you travel.
  - Prior to departure, notify your bank, credit card companies or other financial institutions that you are going overseas.
  - Check to see if you are able to withdraw money from a foreign ATM. ATMs typically have better exchange rates, but your bank may charge a fee to withdraw money.
  - It is a good idea to take some cash with you when you travel. In the event that you cannot reach an ATM, you may be able to exchange your US Dollars for local currency once in-country.

- **What to Pack** (This is a general packing list – please check with your trip leaders for any additional trip-specific necessitates that you should bring along!)
  - **Food**
    - Consider packing: breakfast bars, dried fruit, nuts, applesauce and other snacks that can remain unrefrigerated.
    - If you are a vegetarian, consider packing more filling snacks. Peanut butter, bagels, etc., may act as a meal substitute if you are in a rural area without many vegetarian options.
  - **Clothing**
    - Scrubs
    - Raincoat/Umbrella
    - Closed-toed shoes for clinic days
    - Clothing for post-clinic trips (going to dinner, sightseeing, etc.)
  - **Non-Medical Items**
    - Backpack
    - FannyPack (very helpful during clinic)
- Sunscreen
- Insect repellent
- Toilet paper
- Wet wipes
- Sunglasses
- Hat
- Toiletries
- Glasses/contacts and lens supplies
- Journal
- Water bottle
- Anti-bacterial lotion
- Tissue packs
- Copy of passport/visa
- Pens
- Any entertainment items you might want for bus rides (iPod, cards, etc.)
- Batteries/chargers (if needed)

○ Medical Items
  - Stethoscope
  - Penlight
  - Reflex hammer
  - Blood pressure cuff*
  - Otoscope* (check them out from the AV Window)
  - Reference texts (Tarascon, PDAs)
  - Translation dictionary
  - Small notebook

*Please do not purchase otoscopes or blood pressure cuffs if you do not already own them. Please do bring what you have, however

○ What to Pack in Your Carry-on
  - Important documents: passport/visa, IDs and the name of your destination as well as important phone numbers (program contacts and emergency numbers)
  - **One** change of clothes
  - Jacket or sweatshirts
  - Pen to complete arrival documents
  - Any prescription medicines (including contacts/glasses)
  - Snacks