

TRAVEL CHECKLIST

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Getting ready to travel? There are probably so many things for you to do and remember. This handy checklist will help you. Have a great trip!

Things to do before you leave:

- Passports/Visas—check expiration date a couple months before departing.
- Vaccinations—if traveling overseas, make a doctor's appointment 4-6 weeks before you leave.
- Stop the newspaper/mail
- Arrange for someone to water plants/take care of home
- Set up automatic/timer lights
- Pay bills
- Change email to notify that you're out
- Cash/Foreign Currency/Traveler's Checks
- Prepare copy of travel itinerary to leave with family/friends
- Make hotel accommodations on the 6th floor or lower (to prevent fire injuries) and above the first floor (to prevent a break-in)
- Get prescriptions refilled.

- Rent a larger sized vehicle for greater protection if in an accident
- Check the U.S. State Department's web site for latest travel advisories to your destination: http://travel.state.gov/travel/travel_1744.html.
- Review your health insurance coverage and make sure it covers you where you're going. Consider special medical emergency, evacuation and travel protection to help.

Things to remember to pack...

- Shirts, pants, dresses, coats, sweaters, sweatshirts, shorts, underwear, socks
- Rain protection—umbrella, raincoat
- Toiletries, makeup, shaving needs, deodorant, shampoo
- Toothbrush, toothpaste
- Glasses, sunglasses, contact lenses and preparations

- Camera, recharger, batteries
- Travel alarm clock
- Hairbrush, dryer
- Swimsuit, lotion
- Prescriptions, medicines, vitamins, insect repellent
- First aid supplies—band-aids, ointment, aspirin, anti-diarrheal, cold/allergy medicine
- Phone cards, cell phone and charger
- List of emergency phone numbers
- Maps and other tourist information

Things to keep handy while traveling ...

- Valid passport/visas/driver's license
- Tickets and travel itinerary
- Credit/Debit cards
- Cash/Foreign Currency/Traveler's Checks
- List of important numbers (for emergency)
- AssistPlus ID Card