

PREPARING FOR YOUR INTERNATIONAL TRIP

Traveling abroad is an unforgettable experience. We know going to another country may seem daunting, but we are here to offer our best tips on preparing for international travel.

Notice about flights:

Airlines cannot guarantee allergen-free flights. If you have concerns about a severe food allergy, notify a flight attendant.

Packing Tips:

We recommend packing light when traveling overseas. Consider that you will be carrying your luggage throughout the trip. Your baggage allowance will be specified on your final itinerary.

We suggest no more than one carry-on bag and one checked bag per traveler. Airlines will charge additional fees if the baggage weight limit is exceeded, so remember to pack accordingly to avoid those fees.

And remember to leave room in your suitcase for souvenirs to bring home with you!

PACKING SUGGESTIONS

Carry-on bag

We recommend including the following items in your carry-on in case your checked luggage is delayed.

- Passport: Make a photocopy of your passport to leave at home. Make sure to carry your passport with you at all times.
- Money
- Toiletries: Remember any non-medical liquids cannot be larger than 3 oz. and must be placed inside a one-quart resealable bag.
- Glasses or contact lenses
- Medication: Customs officials may want to verify that a container's contents match its label, so be sure to carry medication in its original container. Notify TSA personnel if you are carrying liquid or cream medications.
- Valuables such as electronics, jewelry, etc.

Electronic Devices

- Adaptor or converter
- Camera with extra batteries, if applicable

Travel Documents

- A copy of the tour itinerary and hotel address(es)
- A list of important phone numbers and addresses of contacts back home
- A letter from your doctor that includes your medical conditions, including allergies, and any prescription medications, including the generic name of prescribed drugs.

Clothing

Think about your itinerary when packing your clothes. For example, many cathedrals require that shirts cover your shoulders and arms, and that shorts and skirts be a modest length. Keep in mind the weather may be different, too! For example, if it's winter at home but your destination is warm, don't forget to pack sunscreen and summer clothes.

Clothing recommendations:

- Comfortable walking shoes
- Shirts: both short and long-sleeved
- Pants and shorts
- Socks: wool socks are great during both winter or summer and help to prevent blisters while walking
- Bathing suit, if applicable
- Dressy casual outfit: reserved for special nights out – dinners, shows, etc.
- Rain jacket and/or umbrella
- Sweater and/or coat
- Scarves, gloves, etc., if applicable

Money

- **Cash:** We suggest you take out a small amount of local currency before you depart. Withdrawing cash from a machine may incur significant charges. Some countries accept US dollars, so consider having some on hand. Keeping your money in a belt under your clothes is always a good idea.
- **Plastic pitfalls:** If you plan on using your debit and/or credit card abroad, be sure to tell your bank beforehand. Without prior warning, some banks may decline transactions or block the card if unusual activity is detected.
- **Prepaid cards:** Consider getting a low-cost prepaid currency card, the modern version of traveler's checks. The card allows US dollars to be converted on the spot to the local currency using the current exchange rate.
- **US dollars vs local currency:** If you have the option to pay in US dollars as opposed to the local currency, we suggest choosing the local currency as the conversion rate is usually more favorable.