



Oregon State University Alumni Association

Travel 101 Webinar

INSURANCE & RESOURCES

TRAVEL INSURANCE

USI Affinity Travel Insurance Services

1-800-937-1387 or www.travelinsure.com/cobrand/select/oregonstate

Note – Insurance is time sensitive: To receive some benefits such as covering pre-existing conditions and the option to pay additional to include the “cancel for any reason” clause, you must **pay your insurance deposit within 21 days of paying your trip deposit**. If you are not concerned about these options, you can purchase insurance anytime up until the day before departure (*but I wouldn't recommend it*). When calling, please have all your trip information on hand, including the complete cost including airfare. Your quote will be based on a number of factors such as age, price of the trip and destinations.

PASSPORT REGULATIONS, VISAS & TRAVEL ADVISORIES

travel.state.gov

For many of our trips, your passport must be valid a minimum of three (3) - six (6) months after you return home and some countries specify the exact number of blank pages needed in your passport. Be sure to check the specifics for your trip and renew your passport as needed.

For visas, your tour company will tell you if it is required to obtain a visa for your trip. Some visas you purchase ahead of time and some you purchase when you arrive. Not only will this website tell you about passport requirement and regulations and Visa's, is a wealth of information your destination, checklists, safety, and information on LGBTI Travel, Women Traveling alone, faith-based travel, older travelers, and more. It is worth the time to check out.

REGISTERING INTERNATIONAL TRAVEL – Smart Traveler Enrollment Program (STEP)

<https://step.state.gov/step/>

By registering your travel with the Smart Traveler Enrollment Program (STEP) with the Federal Government you will receive important information on safety conditions, help the U.S. Embassy contact you in case of an emergency, or help family and friends get in touch with you

REAL ID for Domestic Travel

<https://www.tsa.gov/real-id>

The Real ID Act was passed by Congress in 2005, based on recommendations from the 9/11 Commission that the federal government “set standards for the issuance of sources of identification, such as driver's licenses.” It establishes standards that state-issued driver licenses and identification cards must meet in order to be accepted for certain federal purposes – including boarding commercial aircraft, enter a secure federal building or military base. However, you may use a passport or other acceptable form of federal identification.

Starting mid-2020, Oregonians will have the option of obtaining driver licenses or identification cards that are compliant with the federal Real ID Act.



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Adults 18 or over must show valid identification:

<https://www.tsa.gov/travel/security-screening/identification>

- Driver's licenses or other state photo identity cards issued by Department of Motor Vehicles that fulfills REAL ID requirements.
- U.S. passport
- U.S. passport card
- DHS trusted traveler cards (Global Entry, NEXUS, SENTRI, FAST)
- U.S. Department of Defense ID, including IDs issued to dependents
- Permanent resident card
- Border crossing card
- State-issued Enhanced Driver's License
- [Federally recognized](#), tribal-issued photo ID
- HSPD-12 PIV card
- Foreign government-issued passport
- Canadian provincial driver's license or Indian and Northern Affairs Canada card
- Transportation worker identification credential
- U.S. Citizenship and Immigration Services Employment Authorization Card (I-766)
- U.S. Merchant Mariner Credential

Immunizations

Center for Disease Control – Traveler's Health

<https://www.cdc.gov/>

Consider what vaccines you may need prior to travel.

- The first dose of a Hepatitis A vaccine should be [given 6 months prior to travel](#).
- If traveling to South America (Brazil in particular) and Africa, Yellow Fever vaccine is suggested. Due to a vaccine shortage, [there are limited clinics with the vaccine](#).
- Check the Center for Disease Control and Prevention website for suggested vaccines and talk to your doctor about where you are traveling to get a professional medical opinion on what you may need.

OSU Alumni Association Member Benefits

[List of member perks](#)

- Discounts on Beaver Gear at the OSU Beaver Store or online
- Rental car and hotel discounts 10-25% off
- More than 300,000 offers and discounts from large online retailers to small shops and restaurants across the nation.
- Exclusive access Adidas, Columbia, or Nike employee stores
- Online continuing education discounts

CIA World Factbook

<https://www.cia.gov/library/publications/the-world-factbook/index.html>

International Etiquette from eDiplomat

http://www.ediplomat.com/np/cultural_etiquette/cultural_etiquette.htm



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Medicine – what can I bring?

<https://www.tsa.gov/travel/security-screening/whatcanibring/medical>

<https://www.tsa.gov/travel/special-procedures>

- Blood sugar test kits – yes
- Insulin pumps and supplies – yes. Must be clearly labeled.
- Nebulizers, CPAPs, BiPAPs and APAPs – yes. Checked bags or Carry-on
- Liquid Medicine: 3.4 oz/100 ml
- CBD (Cannabidiol) – Products approved by the FDA are allowed. *Products cannot contain more than 0.3% THC on a dry weight basis.* You must declare it. Marijuana is federally illegal and cannot be brought on planes, even if you have a medical marijuana card.

Medications in pill or other solid form must undergo security screening. It is recommended that medication be clearly labeled to facilitate the screening process. Check with state laws regarding prescription medication labels.

You are responsible for displaying, handling, and repacking the medication when screening is required. Medication can undergo a visual or X-ray screening and may be tested for traces of explosives.

Inform the TSA Officer

Inform the TSA officer that you have medically necessary liquids and/or medications and separate them from other belongings before screening begins. Also declare accessories associated with your liquid medication such as freezer packs, IV bags, pumps and syringes. Labeling these items can help facilitate the screening process.

3-1-1 Liquids Rule Exemption

TSA allows larger amounts of medically necessary liquids, gels, and aerosols in reasonable quantities for your trip, but you must declare them to TSA officers at the checkpoint for inspection.

Remove them from your carry-on bag to be screened separately from the rest of your belongings. You are not required to place your liquid medication in a plastic zip-top bag. If a liquid, gel, or aerosol declared as medically necessary alarms, then it may require additional screening and may not be allowed.

Accessories

Ice packs, freezer packs, gel packs, and other accessories may be presented at the screening checkpoint in a frozen or partially-frozen state to keep medically necessary items cool. All items, including supplies associated with medically necessary liquids such as IV bags, pumps, and syringes must be screened before they will be permitted into the secure area of the airport.

Screening

TSA officers may test liquids, gels or aerosols for explosives or concealed prohibited items. If officers are unable to use X-ray to clear these items, they may ask to open the container and transfer the content to a separate empty container or dispose of a small quantity of the content, if feasible.

Inform the TSA officer if you do not want your liquid medication to be screened by X-ray or opened. Additional steps will be taken to clear the liquid and you will undergo additional screening procedures to include a pat-down and screening of other carry-on property.