

INTERNATIONAL TRAVEL CHECKLIST FOR AMERICANS

Pre-travel Considerations

- Visit your destination's [Dept. of State country page](#) (it will answer most of the questions below)
- Do you need any shots? (Hep A and Tetanus boosters are the most commonly recommended)
(Pro tip: Many basic insurances, especially HMOs, do not cover this and a consultation plus shots can put you well over a few hundred bucks. Try your local Von's/Safeway, CVS, or other drug chain and see if they offer any of these services. Sometimes you may need a consultation elsewhere, but you'll surely save a lot by getting the shots there versus a travel clinic. Most de)
- Do you need a visa?*
- Are there any travel warnings for specific areas?
- Do you need proof of a minimum amount of money and/or proof that you'll return to the U.S.?*
(Pro tip: if you're flying into a bordering country outside the U.S, proof of shuttle arrangements can suffice.)
- Enroll in the [Dept. of State STEP program](#)
- Purchase travel insurance (recommend [World Nomads](#))
- Do you need to [have your mail held by USPS?](#)

Packing Considerations

This varies greatly by destination, check online travel guides and other resources for more insight.

- Passport*
- Sunscreen
- Bug repellent
- Flashlight or headlamp
- Prescriptions and proof of prescriptions (a doctor note on letterhead will suffice)
- Weather and culturally appropriate clothing

(Pro tip: remember that more provocative clothing, even shorts for women, may not be appropriate in your destination.)

**Indicates required element. As with any consideration, most of these are not required, but failure to adhere to requirements could result in you getting sent on a plane right back to the U.S.*

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