

going abroad

CHECKLIST



ONE YEAR OUT

- Make sure you have a valid passport
- Start researching the visa process if necessary

SIX MONTHS OUT

- Apply for visa

ONE MONTH OUT

- See your doctor or notify them of travel plan, ensure you aren't missing any vaccinations
- Call your health insurance to discuss any coverage abroad
- Buy insurance—I like World Nomads
- Call your pharmacy to get an advance on your prescriptions (typically they will need to put in a request through your insurance)
- Tell bank which countries you're traveling to (and any states you might be flying through)
- Set up travel pass with your phone plan if necessary
- Cancel or pause gym membership
- Apply for a credit card with no foreign transaction fees (I like my Amex for this)
- Buy or set aside the luggage you want

TWO WEEKS OUT

- Haircut
- Wax and nail appointments
- Enroll in STEP program
- Email host family or school your flight itinerary
- Take euros or other currency out of the bank
- Shopping trip to pick up over the counter meds, feminine products, and other last minute items
- Buy gifts for your host family, especially the kids (if applicable)
- Print photos, quotes, or inspiration to put on your walls when you get there

ONE WEEK OUT

- Arrange airport pick-up
- Make copies of your passport, visa, ID, vaccine card, travel insurance, and health insurance cards (leave one set with your family, bring a couple sets with you)
- Add your abroad address to your luggage tags
- Be sure to pack one set of clothes and toiletries in your carry-on
- Make a list of items you want to purchase upon arrival, like shampoo, toothpaste, etc.
- Start packing

UPON ARRIVAL

- Pick up essentials
- Place copies of passport and other documents in a safe place
- Buy a sim card and phone data plan
- Become familiar with your neighborhood
- Start planning other travel

safe travels!

@thecartfuleveryday