



Before You Travel Checklist

6 Months Out

- ☐ Research and book **trip insurance** within 2 weeks of booking your flights. During this time, you are able to obtain “cancel for any reason” insurance. This is the most lenient option of insuring your trip, but there are also more medical or emergency focused options. A good place to start is www.insuremytrip.com. It is usually better to *not* book just through the airline on the bigger trips so you can insure all of your non-refundable costs, not just the flight!
- ☐ Do you need a **visa** prior to entering the country you are visiting? [Start your search here](#).
- ☐ Is your passport valid for **more than 6 months** after your trip’s return date? This is a requirement for many destinations. Here are links regarding how to [apply](#) for, and [renew](#), your passports.
- ☐ If you are driving a rental car in another country - do you need an **International Driver’s License (IDL)**? And read our thoughts on rental car insurance policies [here](#).
- ☐ If you’d like a phone plan while abroad to make calls, texts, and use data (like google maps), consider asking your provider what the cost is for an **international plan**. Most are just \$5-\$10/day on the days you choose to use data. *If you will be abroad for a considerable amount of time* (i.e. months), let’s talk about alternative options.
- ☐ Ask your banks which credit card or checking account has the lowest **international transaction fee** - this can help you plan which card to use while abroad. If they’re all super high, consider ditching an old one for a travel savvy one that gives you points or cash in return (PAY IT OFF MONTHLY).
- ☐ If you are traveling only with a **debit card**, some hotels and rental car companies will place an extra “hold” on your account, or even charge a fee, as a security measure. Maybe consider signing up for a credit card with no annual fees and use this while abroad. (PAY IT OFF MONTHLY). Read our tips + recommendations about traveling with a debit card [here](#).
- ☐ Download wifi-enabled **communication apps** like WhatsApp or Viber if you don’t plan to have a phone plan. Many hotels and tour companies abroad use these to communicate with international guests.
- ☐ Buy a **city map** and start to familiarize yourself with the area you’re staying so you can hit the ground running! (Particularly fun with a glass of wine or beer and your favorite travel show)

2 Weeks Out

- ☐ Check **COVID requirements** and make plans for any required testing you will need to do. To return to the United States during the pandemic, you need to present a negative COVID test taken within 3 days of your departure to the States. This can be [rapid antigen](#) or [PCR](#). Our favorite way to manage this is to pack a testing

kit with you! Many of these also come with telehealth services to get you the official lab document you need to return. We love the services [Air Bio Lab](#) offers.

- ❑ Consider what your **travel essentials** are and start a packing list. If you have no idea, or want some fun ideas, here is [My World Travel's list of travel essentials](#) for packing, flying, and staying comfortable while abroad!
- ❑ Make **color copies** of your passport, credit cards, health insurance card and keep with you while traveling. During the pandemic, include a vaccine card in your list of copies.
- ❑ **Print confirmation** emails - and your handy My World Travel itinerary - for all of your travels *or* save as a PDF into your iBooks app on your phone (apple users) or google drive (all users)
- ❑ Consider **exchanging cash** prior to traveling so you aren't pressed to find an ATM upon arriving (\$250 → local currency usually works well to get you started). I think it is best to order ahead through your bank. Usually they can get this back to you within 48 hours.
- ❑ When traveling with cash, **keep your cash separated**. Leave some in the hotel safe, some in your wallet, and some in your friend's bag, for example.
- ❑ **Call your credit card companies and banks** to let them know you are traveling. This will help avoid any unnecessary fraud alerts and holds on your account. A lot of them allow you to do this through your account online.
- ❑ Do you have the correct **adapter** and/or **converter** for your electronic devices? *Adapters* change the shape of the prongs to fit international outlets. Most phones only need an adapter these days. *Converters* will adjust voltage and are necessary when changing between 120/240 voltages -- beware of this with hair straighteners and hair dryers (I've exploded one before). My advice is to just buy a cheap version of those abroad if you're there for a while or just go au naturale.
- ❑ Pre-download **Google Maps** on your devices so you can access them offline. [How To Guide here!](#)

General Packing Tips

Review My World Travel's "Travel Essentials" [here!](#)

- ❑ Pack all **medications**! Allergies, even, because you don't know what's out there. Also Advil cold + sinus, ibuprofen, imodium, Tums, and dramamine so you don't have to translate these awkward things in a foreign pharmacy.
- ❑ **First aid kit** - always bandaids, blister protection, sterile wipes, etc.
- ❑ **Roll your clothes!** I don't understand why it saves room but it does. You can also invest in packing cubes that help you use your space wisely!
- ❑ **Ziploc bags** always come in handy. Wet clothes, dirty clothes, trash, etc.
- ❑ A mini-sized **Febreze** for your checked bag. You'll thank us later.