

## UMB International Travel Checklist

### Obtain University Approval (Required)

- Complete [UMB's International Travel Request Form](#). Learn about the request form process [here](#).

### Travel Logistics, Passports, Visas

- All UMB international travelers are required to book international travel through a [UMB-approved Travel Agent](#). (required)
- Ensure your passport is valid for at least six months beyond the end date of your travel (required by many countries). U.S. Passport information is available [here](#).
- Check the [visa requirements](#) for each country you are visiting/traveling through. Apply for visas through [international consulates and embassies](#).
- International Students: Check with the [Office of International Services](#) before traveling outside the U.S. Be aware that it may take non-U.S. citizens longer to obtain a visa, so research this information early in your planning.

### Health Care

- Check vaccine requirements for each destination.
- Make an appointment with [UMB's Travel Medicine Practice](#) for country medical information, vaccinations, and prescriptions for recommended drugs to buy in advance. There are also private organizations that provide this service at additional cost such as Passport Health.
- Pack necessary medications, including an extra two weeks' worth, checking that packed medications are allowed in each destination country. Consider also basic medications such as ibuprofen, anti-diarrheals, allergy medications, bandaids, etc.
- Consider your physical and mental health conditions that may impact your international travel. Prepare for time changes and how they will impact when you take medications. Discuss your travel with your health care provider if appropriate.

### Be Prepared

- Register your trip with [International SOS](#) and obtain a pre-travel briefing from them to individualize precautions and contingency plans. Make sure to disclose any chronic conditions to determine how to best address them abroad. (Required)
- Download the [International SOS app](#) for immediate access to service from your mobile phone while traveling and carry a copy of the International SOS membership card in your wallet in case you are unable to communicate; medical professionals and law enforcement will look for such information. If you don't have an international service plan, you will need to be on a wi-fi network to access International SOS.
- Register your trip with the U.S. State Department's [Smart Traveler Enrollment Program](#) (STEP) before you leave if you are a U.S. citizen.
- Strongly consider purchasing a temporary international plan for your cellphone or a local SIM card compatible with your phone.
- Keep copies of your itinerary, passport, visas, travel insurance card, immunization proof, letter of agreement from

host site, contact info for each location, list of emergency contacts, driver's license, and UMB ID somewhere known to your emergency contact.

- Pack travel essentials, including electric cord adapters and chargers, sunscreen/hat, appropriate weather clothing, eyewear (including sunglasses and glasses if you wear contacts), proper footwear for the environment/project, feminine hygiene products, bug repellent, etc.
- If part of a group, determine how the group will stay in contact and agree on meeting points during the international visit.
- Be familiar with communications options if internet is not working (cell service, Eduroam, etc.)
- Learn how to use the International SOS app in case of medical or other issues.
- Be familiar with any cultural or country-specific customs or living circumstances and how they might affect your wellbeing.

### **COVID Restrictions and Requirements**

- Check [U.S. State Department](#) for latest travel advisories and COVID restrictions.
- Check country and airline testing requirements and plan appointments for COVID-19 testing within required time frame, usually 24 hours of departure/return flights. ([international testing sites](#)).
- Pack your COVID vaccination card (and register for an electronic vaccine card if your state provides such service), several additional face masks, and a travel-sized bottle of hand sanitizer.
- Make sure to have a plan for medical/daily supplies and lodging in case of quarantine or isolation.
- Faculty members: Help students requiring quarantine or isolation organize plan for medical/daily supplies

### **Additional Considerations During Trip**

- Check State Department website for destination country routinely for new security or medical concerns.
- Stay in routine contact and leave basic itinerary with faculty.
- Be familiar with emergency evacuation plan in case of political, environmental, or health-related events.
- Check COVID quarantine and isolation protocols for country of travel routinely.
- Travel in groups or with a friend when leaving your residence, if possible.
- Contact your faculty or International SOS with any concerns during travel. It is appropriate to contact SOS in any difficult situation or emergency, e.g., any health issue even if minor, if you are a victim of a crime of any sort, or in other threatening or dangerous situation.
- Minimize your exposure to dangerous or compromising situations. Remember, you do not have the situational awareness in a new setting that you have at home. Something like an evening jog or flagging down a taxi on the street may not be safe in a new setting. Local hosts will be allies in determining safe behavior.
- Make sure to carry paper currency for country of travel in addition to credit cards.

## Helpful Resources

### **Traveling Abroad as LGBT**

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-with-special-considerations/lgbti.html>

### **COVID-19 Country Policies**

<https://travel.state.gov/content/travel/en/traveladvisories/COVID-19-Country-Specific-Information.html>

### **COVID-19 International Testing Sites**

[https://www.airfrance.us/US/en/common/page\\_flottante/trouver-laboratoire.htm](https://www.airfrance.us/US/en/common/page_flottante/trouver-laboratoire.htm)

### **Emergency Financial Assistance**

<https://travel.state.gov/content/travel/en/international-travel/emergencies/emergency-financial-assistance.html>

### **University of Missouri Guide to International Travel**

<https://international.missouri.edu/orientation/mizzou-abroad-orientation/learn-the-essentials/>

### **International Society of Travel Medicine List of Worldwide Travel Medicine Clinics**

[https://www.istm.org/AF\\_CstmClinicDirectory.asp](https://www.istm.org/AF_CstmClinicDirectory.asp)