

International Pre-Departure Orientation Custom Travel Checklist



Use this list as a starting point for determining your own needs. Save a copy for yourself and add items as necessary. This list is for your own personal use and will not be collected by the U of M.

Travel Documentation

- Renew Passport
- Apply for visa/permit etc.
- Make copies of all important travel documentation and give a copy to a trusted person/family member
- _____
- _____
- _____
- _____

Laws and Culture

- Obtain an International Driver's Permit
- Read up on the history, society, politics, laws and economics of my destination
- Learn at least some basic phrases in a local language, download a language app
- Purchase culturally appropriate gifts for my hosts or new friends
- _____
- _____
- _____
- _____

Banking, Finance and Home

- Check with my bank or credit card company about banking options while travelling
- Order some foreign currency
- Sublet my apartment
- Arrange for someone to check on my home/vehicle while I'm gone
- Arrange for someone to look after my pet/children/plants
- Request time off from work or resign
- _____
- _____
- _____
- _____

Travel Best Practices

- Read the travel advice for my destination(s) on www.travel.gc.ca/advice
- Canadian students: complete the Registration Of Canadians Abroad www.travel.gc.ca/roca
- Download the International SOS app and create an account, then read the advice for my destination(s)
- Take care of academic or program considerations relating to my travel (this may be its own checklist)
- Make a budget which includes some emergency funds, based on the cost of living at my destination(s)
- Arrange for any necessary training needed for my activities while travelling
- Research communication options at my destination (phone, Wi-Fi etc.)
- Make a packing list, taking into account the season, climate and culture as well as baggage restrictions
- Meet with a my doctor/travel clinic to ensure that I'm healthy and prepared to travel, including vaccinations
- Resolve outstanding health issues
- Assemble or purchase a first aid kit
- Get extra copies of prescriptions, stock up on prescriptions, and check what medications and quantities are allowed in my destination

