

Global Radiology Elective Pre-Travel Checklist

Pre-Travel Preparations

- Confirm sufficient validity and blank pages in your passport for pending international travel. At least two blank pages and six months validity are required in most countries.
- Bring copies of your passport, credit card information, and important contacts
- Determine visa requirements. Contact the ISS in case of any outbound visa-related questions
- Ensure that you have local and ISS emergency contact information. Program all numbers into your phone.
- Review [CDC destination-specific guidance](#) to determine recommended and routine vaccinations, prevalent diseases and need for malaria prophylaxis. As necessary, make an appointment with travel clinic, ideally at least 4 weeks prior to departure. Inform clinician of the country(ise) to which you will travel in advance.
- Determine whether your US phone will work in country. Consider enabling your line for global roaming securing local SIM. <http://its.unl.edu/bestpractices/international-travel>.
- Confirm/update personal contact information (including Skype address) and emergency contacts at your home institution and your personal emergency contacts.
- Register with the [US State Department STEP](#) program to receive alerts for your destination countries
- Be familiar with emergency assistance support available through AXA/ACE. Download a copy of the card here: <https://www.umassp.edu/sites/umassp.edu/files/content/UMass%20Travel%20Card.pdf>
- Procure all necessary prescription and OTC medications and confirm none are beyond expiration date.
- Prepare and pack your personal travel medical kit (see example below).
- Carry personal prescription medications and copies of all prescriptions (inclusive of the applicable generic name/equivalent) in your carry-on bag while traveling (ideally in original packaging).
- Malpractice Insurance: check with your residency institution and the hospital you will be working in
- Obtain temporary licensing for the country/hospital if needed
- Obtain VPN
- Buy international adaptors for phones, laptops, and other electronics
- Obtain a SIM card for your phone
- Download maps and ride share apps specific to your destination (Uber, Lyft, DiDi [China], etc)
- Download communication apps, i.e. Whatsapp, WeChat, etc
- Download translator apps, i.e. waygo (translates menus), WeChat, etc
- Look up the country's currency
- Look up the country's language(s)
- Ascertain that you have an outlet adaptor for your destination's electrical system
- Review the full CDC Country Overview for official health and safety advice, specifically:
 - Is it ok to drink the tap water?
 - Is it safe to walk around alone?
 - Is it safe to be on your cell phone on the street?
 - Is it safe to be on the street after dark?
- Gifts for the people sponsoring, you especially something that is unique to where you are from
- Bring letter of invitation

Day before you Fly

- Confirm your flight times/connections with your airline.
- Confirm arrangements for local transportation upon arrival. Ensure that you have local contact info.

- Ensure that you have all visa and entry/exit paperwork, including your vaccination card.
- Carry the address and phone numbers for your institution's travel assistance, ISS, local contact, hotels, etc.
- Make sure that you have sufficient quantities of an accepted currency (including any visa payments)

Upon Arrival

- Confirm your safe arrival with your local contact, your US emergency contact and your Advisor/Dept.
- As applicable, secure a local phone connection and relay your contact information to the above contacts.
- Program all local emergency contact phone numbers into your phone.

Travel Medical Kit – Suggested Contents

<input type="checkbox"/> Anti-Diarrheal medication	<input type="checkbox"/> Mild laxative and an antacid
<input type="checkbox"/> Antibiotics (e.g., Azithromycin for self-treatment of moderate to severe diarrhea)	<input type="checkbox"/> Anti-fungal/anti-bacterial cream and 1% hydrocortisone cream
<input type="checkbox"/> Antihistamine and decongestant	<input type="checkbox"/> Sunscreen (15 SPF or higher) and aloe gels
<input type="checkbox"/> Acetaminophen, aspirin, Ibuprofen, sleep aid	<input type="checkbox"/> Insect repellent containing DEET (up to 35%)
<input type="checkbox"/> Digital thermometer	<input type="checkbox"/> Antibacterial hand wipes or hand sanitizer
<input type="checkbox"/> Consider water purification device (eg, SteriPen)	<input type="checkbox"/>
<input type="checkbox"/> oral rehydration solution packets	<input type="checkbox"/> Travel size first aid kit
<input type="checkbox"/> other medical supplies (gloves, masks, tape, etc)	<input type="checkbox"/> snacks

Check out the [CDC "Pack Smart" guide](#) for more detailed guidance for medical kits and travel health.

What to pack – Suggested Contents

<input type="checkbox"/> Professional clothes that are climate appropriate (and clothes that respect customs for modesty etc)	<input type="checkbox"/> something business casual or even formal, in case there is a special event
<input type="checkbox"/> Comfortable walking shoes	<input type="checkbox"/> Swimwear (depending on your destination)
<input type="checkbox"/> Warm weather accessories - sun hat, sunglasses, sandals, small towel (depending on destination)	<input type="checkbox"/> Cold weather accessories - hat, scarf, gloves, snow or rainboots (depending on destination)
<input type="checkbox"/> White coats (2)	<input type="checkbox"/> Appropriate work shoes (closed toe)
<input type="checkbox"/> Compression stocking (for long flight)	<input type="checkbox"/> slippers
<input type="checkbox"/> Pajamas	<input type="checkbox"/> undergarments
<input type="checkbox"/> extra pair of glasses (if applies)	<input type="checkbox"/> sewing kit
<input type="checkbox"/> Toiletries (shampoo, conditioner, soap, lotion)	<input type="checkbox"/> toilet paper
<input type="checkbox"/> water bottle	<input type="checkbox"/> headphones/earbuds
<input type="checkbox"/> charging cords	<input type="checkbox"/> jump drive
<input type="checkbox"/> lectures or other educational materials	<input type="checkbox"/> Laptop
<input type="checkbox"/> Hand sanitizer	<input type="checkbox"/> Energy bars

Helpful links:

- <https://wwwnc.cdc.gov/travel/notices>
- <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>
- Visa info - <https://abriggs.com>
- <https://travel.state.gov/content/passports/en/country.html>
- <https://wwwnc.cdc.gov/travel/destinations/list>