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# Checklist: Steps to Take Before an International Trip

Use this comprehensive checklist of things to do before traveling internationally to ensure a smooth and stress-free experience.

## Do Your Research

- Look for inspiration from social media, travel articles, and travel guides, and ask friends about their last great vacations.
- Consider your budget, travel companions, goals, and comfort level.
- Check the State Department's up-to-date [travel advisories](#).

## Verify Passport and Visa Requirements

- Check the expiration date of your passport (it must be valid for at least six months beyond your return date). By storing your passport in Trustworthy you can get an [automatic reminder](#) of the expiration date.
- Renew your passport (or apply for one) several months ahead of your trip.
- Research visa requirements for your destination(s) and apply for any necessary visas well in advance. This information is available through the [State Department's website](#).

## Research Entry and Health Requirements

- Check for any health-related entry requirements, such as vaccinations or medical tests.
- Review recommended vaccinations or medications (e.g.,

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for malaria or yellow fever).

- Make an appointment with your doctor a month ahead of time if you plan to get vaccinations.
  - Obtain a copy of your vaccination records. This can be stored on Trustworthy for easy access when traveling.
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### Plan Your Itinerary and Accommodations

- Book flights and accommodations well in advance.
  - Arrange airport transfers, car rentals, or other transportation as needed.
  - Get an [International Driving Permit](#), if needed.
  - Make a list of must-see attractions and activities, and consider booking tickets or reservations in advance.
  - Research local customs, culture, and safety tips for each destination.
  - Learn a few basic phrases in the local language.
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### Organize Travel Documents

- Make copies of important documents (passport, visa, driver's license, insurance, itinerary, reservations, emergency contacts).
  - For added protection, store digital copies of important documents on [Trustworthy](#).
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### Get Travel Insurance

- Purchase travel insurance that covers health, accidents, theft, trip cancellations, and other potential issues.
  - Verify whether your insurance covers Covid-19 incidents.
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### Prepare Your Finances

- Notify your bank and credit card companies of your travel dates and destinations to avoid account freezes.
- Check the foreign transaction fees on your credit and debit cards.

- Consider getting a credit card that offers travel rewards or no foreign transaction fees.
  - Get local currency in advance or know where to exchange money at your destination.
  - Set up a budget for your trip expenses.
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### Set Up Your Phone for International Use

- Check your mobile carrier's international plan options and activate a suitable plan if needed.
  - Consider getting a local SIM card or using an international roaming SIM.
  - Download essential travel apps (such as maps, translations, local transportation, currency converter).
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### Pack Wisely

- Create a packing list and ensure you pack according to the weather and activities planned.
  - Include essential items: prescription medications, a copy of the prescriptions, travel-sized toiletries, comfortable clothing, and a first aid kit.
  - Pack important electronics (chargers, adapters, power banks) and ensure you have the correct plug adapters for your destinations.
  - Consider using packing cubes or compression bags to save space.
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### Prepare Your Home

- Arrange for someone to check on your home or pets, collect mail, and water plants.
- Set up timers for lights to give the appearance of someone being home.
- Unplug electronics and secure windows and doors.
- Consider suspending subscriptions or deliveries during your absence.

## Safety and Emergency Preparation

- Share your itinerary and contact information with family or friends.
  - Know the local emergency numbers and the location of your country's embassy.
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## Stay Informed and Flexible

- Stay updated on current events or travel advisories for your destination.
  - Monitor flight status and potential delays.
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## Related Reading

[Travel Planning for Your Next Trip →](#)