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		
Lowe and Culture		

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 <u>www.travel.gc.ca/advice</u>
Canadian students: complete the Registration Of Canadians Abroad <u>www.travel.gc.ca/roca</u>
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

Travel Best Practices (con't)

- Confirm with insurance provider and if necessary, purchase additional insurance (travel, health, property etc.)
- Purchase airline tickets/train tickets/bus tickets
- Arrange for transportation to the airport and to/from accommodation
- Make a will with a Lawyer

For International Students: make an appointment with an International Student Advisor at the International Centre, to ensure that my travel plans will not negatively affect my status in Canada, or ability to return to Canada

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