Pre-Travel Checklist for Independent Travelers

This information is for students traveling independently with Cornell support. This includes travel grant recipients, Off-Campus Opportunity Fund recipients, Cornell Commitment students, and others who are not on a Cornell-sponsored or -led trip.

☐ Complete Cornell’s [Travel Registry](#).

☐ Visit a travel clinic at Cornell Health or elsewhere. Discuss health risks and receive immunizations or medications needed in the area where you are traveling.

☐ Make sure that your passport is current; the expiration date must be more than six months after the completion of your travel.

☐ If needed, apply for visas where you will be traveling. If you need a visa to return to the United States, make sure yours will be valid at that time.

☐ Complete the CU Learn training module [Student Travel Health & Safety](#).

☐ Make copies of all of your important documents and your itinerary. Leave a copy at home; pack another set in your carry-on luggage separate from your originals. Take photos of your documents and store them securely on your phone.

☐ Review your health insurance and be sure that you have [adequate coverage](#) in the countries you will visit.

☐ Register for [UHC Global](#) worldwide travel assistance and print your member card. Take a picture and keep it in your phone too.

☐ Enroll in the Smart Travelers Enrollment Program ([STEP](#)) with the U.S. Department of State to receive security updates and facilitate communication in the event of an emergency.

☐ Review the U.S. Department of State information for [students abroad](#).

☐ Explore cell phone options to maintain coverage while abroad.

☐ Save the numbers in your cell phone for Cornell Police 00-1-607-255-1111 and UHC Global 00-1-410-453-6330.

☐ Pack prescription medications in [original containers](#) and keep in your carry-on luggage.

☐ Contact your credit/debit card companies to inform them of your upcoming travel so they do not freeze your account due to suspected fraudulent activity.

☐ Be sure that someone at Cornell (your department, sending unit, PI or other) and at home has relevant information on your host organization, including a contact person, address, phone, email and website along with an updated itinerary once you are on-site.

☐ Learn as much as you can about the country or countries you will be visiting before you go. Brush up on current events, and try to place them in a deeper historical, social, cultural context. If you don’t already know the language, learn basic greetings in the local language.