



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 award 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 U.S., make sure yours will be valid at that time.
- Complete the training module in CU Learn, [Student Travel Health & Safety](#).
- Print "[Emergency Protocol and Procedures](#)" and develop your emergency plan.
- 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 State Department to receive security updates and facilitate communication in the event of an emergency.
- Review the U.S. State Department information for [students abroad](#).
- Explore cell phone options to maintain coverage while abroad.
- Save the numbers for Cornell Police 00-1-607-255-1111 and UHC Global 00-1-410-453-6330 in your cell phone.
- 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.