International Travel Checklist

An international travel checklist for going abroad, covering passport and visa, currency, health requirements, adapters, and embassy information.

Passport and Documents

- [ ] Check your passport is valid and has enough blank pages
- [ ] Confirm validity meets the destination's minimum
- [ ] Renew your passport early if needed
  Some countries require six months' validity beyond travel
- [ ] Make copies of your passport, kept separately
- [ ] Save digital copies in the cloud

Visa and Entry Requirements

- [ ] Research visa requirements for your nationality
- [ ] Apply for any visa or entry permit early
- [ ] Check passenger forms or arrival declarations
- [ ] Note any onward or return ticket rules
- [ ] Verify rules with the destination's embassy
  Visa and entry rules vary by country and change often

Health and Insurance

- [ ] Check required and recommended vaccines early
- [ ] Arrange travel insurance with overseas medical cover
- [ ] Pack medicines with copies of prescriptions
- [ ] Carry your vaccination and health records
- [ ] Confirm health requirements via official sources
  Health entry rules vary by country, so verify officially

Money and Connectivity

- [ ] Notify your bank of travel dates and countries
- [ ] Arrange foreign currency or a travel card
- [ ] Check card and ATM fees abroad
- [ ] Set up an eSIM, local SIM, or roaming plan
- [ ] Download offline maps and a translation app

Electronics and Packing

- [ ] Pack the right power adapters for the region
- [ ] Add a voltage converter if devices need it
- [ ] Bring a power bank for long travel days
- [ ] Pack clothing suited to the climate and customs
- [ ] Keep documents and electronics in your carry-on

Embassy and Safety

- [ ] Note the location of your country's embassy or consulate
- [ ] Register with any traveler program your country offers
- [ ] Save local emergency numbers
- [ ] Share your itinerary with someone at home
- [ ] Read official travel advisories for the destination
- [ ] Confirm all entry rules before relying on this list

  Passport, visa, and health rules vary by country and change without notice; verify with official government sources and the destination's embassy