

# 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