COMPLIMENTARY PRINTABLE GUIDE · OCTOBER 2026

# International Travel Safety: Quick Checklist

A practical, four-page planning companion to John J. Gentry’s original Travel Tips That Could Save Your Life. Designed for international trips, extended travel and first-time departures.

What this is: a current planning checklist built from official U.S. State Department and CDC guidance. What it is not: a guarantee of safety, destination-specific advice, or a substitute for medical or legal advice. The original book dates to 2015; verify older recommendations before relying on them.

## Your five highest-priority checks

- ☐ Check the official travel advisory, local laws, entry rules, visa requirements and passport-validity requirements for every destination and transit country.
- ☐ Check destination-specific CDC travel health guidance and arrange a travel-health appointment ideally 4–6 weeks before departure.
- ☐ Consider STEP enrollment for U.S. citizens and save local embassy or consulate contacts and emergency alerts.
- ☐ Check medical coverage abroad, emergency evacuation coverage, exclusions, deductibles and claims procedures.
- ☐ Give a trusted contact your itinerary, emergency details and copies of important travel documents; keep another set separate from originals.

Practical principle: build a simple plan you can still use if your phone, wallet, connection or itinerary fails.

# Preparation leaves room to enjoy the trip

Keep your attention on the journey by sorting the practical details first. Use the checklist to prepare, verify and save your own essentials.

A Taipei cultural stop from ExploreTraveler’s original travel archive.

**01 / PREPARE**

Organize your documents and contact plan.

**02 / VERIFY**

Check current official travel information.

**03 / SAVE**

Keep useful contacts and backups offline.

## Make it your own

Write down your next destination and the three practical checks you want completed before departure.

Original ExploreTraveler travel archive. Scenes are from recorded visits.

**Continue planning at ExploreTraveler.com**

BEFORE DEPARTURE

# Prepare before you go

## Documents and local conditions

- ☐ Confirm passport validity, entry/exit rules, visa or electronic authorization, transit rules and any country-specific requirements.
- ☐ Review destination advisories and check again immediately before leaving; note relevant local laws and customs.
- ☐ Store secure copies of passport, itinerary, reservations, insurance and emergency contacts; leave copies with a trusted person.
- ☐ Write down the address and phone number of your first accommodation and the nearest embassy/consulate.

## Health and insurance

- ☐ Check CDC destination guidance; ask a qualified clinician about vaccines, medicines and individual health risks ideally 4–6 weeks ahead.
- ☐ Confirm medications are legal at the destination and any transit points. Keep necessary medicines in original labeled packaging where required and plan for delays.
- ☐ Pack a personal travel-health kit, essential prescriptions, medical information and insurance details.
- ☐ Confirm whether your health plan covers overseas care and consider travel medical and evacuation insurance where appropriate.

## Money, communication and backup

- ☐ Plan two independent ways to pay, access emergency funds and contact someone at home.
- ☐ Download offline maps, key addresses and translation resources before departure; check roaming or local data options.
- ☐ Agree on check-in times and what your trusted contact should do if they cannot reach you.

DURING YOUR TRIP

# Make safer decisions on the road

## Day-to-day habits

- ☐ Choose reputable transport, wear a seat belt where available and avoid unnecessary road risks.
- ☐ Wash hands with soap and water, or use hand sanitizer with at least 60% alcohol when washing is unavailable.
- ☐ Use reliable food and drinking-water sources; follow destination-specific CDC advice.
- ☐ Protect against sun, heat, cold, insects and animal exposures according to local conditions.
- ☐ Follow local weather, disaster and security alerts; avoid entering restricted or unsafe areas.

## If a problem develops

- ☐ For a serious injury, illness or immediate danger, contact local emergency services. Know the local emergency number before travel.
- ☐ If you need medical treatment, contact your insurer/assistance provider and seek appropriate professional care promptly.
- ☐ If your passport is lost or you face a major emergency abroad, contact the nearest U.S. embassy or consulate if you are a U.S. citizen.
- ☐ If you become ill after returning, tell your healthcare provider where you traveled and what exposures or activities occurred.

Remember: your travel risk depends on the specific country, region, route, season, health needs and planned activities. Recheck official information rather than relying on generic checklists alone.

KEEP THIS PAGE WITH YOUR TRAVEL PAPERS

# Emergency information worksheet

Complete before departure. Keep one copy offline and share another securely with your designated contact. Avoid posting sensitive details publicly.

| | |
|---|---|
| Destination(s) | _____ |
| Travel dates | _____ |
| Emergency contact at home | _____ |
| Local emergency number | _____ |
| Nearest embassy/consulate | _____ |
| Insurance / assistance number | _____ |
| First accommodation / address | _____ |
| Medication/allergy information | _____ |
| Backup payment / communication plan | _____ |

## Official sources to recheck before every trip

U.S. Department of State — International Travel Checklist

U.S. Department of State — Travel Advisories

U.S. Department of State — STEP

CDC — Before You Travel

CDC — During Travel

CDC — After Travel

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