



SMART TRAVEL CLINIC
YOUR TRAVEL PLANNING STARTS HERE...

- STEP ONE: Determine your travel destination.
- STEP TWO: Plan your travel itinerary.
- STEP THREE: Determine how you will get to your destination.
- STEP FOUR: Book your accommodations.
- STEP FIVE: Get your travel documents in order.
- STEP SIX: Get travel-specific vaccinations, medications, and health advice.
- STEP SEVEN: Figure out how you are going to get around locally.
- STEP EIGHT: Determine whether or not to purchase travel insurance.
- STEP NINE: Figure out how you'll use a cell phone or the internet while traveling internationally.
- STEP TEN: Determine if you need electrical adapters.
- STEP ELEVEN: Determine how to communicate with locals.



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- STEP TWELVE: Figure out how to handle money outside the U.S.
- STEP THIRTEEN: Sign up for The Smart Traveler Enrollment Program (STEP).
- STEP FOURTEEN: Prepare to leave your house vacant.
- STEP FIFTEEN: Prepare to travel abroad with prescription drugs.
- STEP SIXTEEN: Consider how to minimize jet lag.
- STEP SEVENTEEN: Notify your bank and credit card companies of your international travel plans.
- STEP EIGHTEEN: Check TSA and airline requirements.
- STEP NINETEEN: Plan your trip to the airport.
- STEP TWENTY: Pack for your trip abroad.