



## Penn-Affiliated Student Travel Abroad

### Pre-departure Checklist

- Register your trip in [MyTrips](#)
- Undergraduates must request approval for [heightened risk travel](#)
- Register with U.S. Department of State [Smart Traveler Enrollment Program](#) (U.S. citizens only)
- Review the [U.S. Department of State Travel Advisory](#) for your destination
- Visit Penn's [International SOS Portal](#) to learn more about destination, travel advisories, precautionary measures and to print your member ID card.
- Print out an International SOS wallet card and review list of benefits on [Penn-ISOS Portal](#)
- Visit family physician or Travel Clinic prior to departure to assess any health issues that may impact your travel
- Obtain necessary vaccinations and prescription medications
- Keep all medications in their original container, with your name on it, in your carry-on bag
- Send a copy of daily itinerary, hotel information, flight details and local contact number to trusted friend/family member
- Make two copies of passport (including visa pages) – keep one with you and give other to trusted friend/family member
- Contact bank/credit card companies to alert them you are traveling
- Carry cell phone with international coverage in case of emergency
- Clean out wallet, take only necessary items

In the event of an emergency during travel, contact local authorities, International SOS (215-942-8478) or Penn Police (215-573-3333). Save these numbers to your cell phone that you will take with you.

### Questions about international travel safety?

Jaime Molyneux  
Director of International Risk Management  
The University of Pennsylvania  
215-573-6122  
[molyneux@upenn.edu](mailto:molyneux@upenn.edu)