Trips Covered

FREE CHECKLIST

Before You Go Travel Checklist

A simple list for the weeks and days before a trip. Not every item fits every trip, so skip what doesn't apply and add your own.

1 Documents

- [ ] **Passport valid long enough.** Some countries want several months left past your return date, so check the entry rules.
- [ ] Check visa or entry requirements for each country, including layovers.
- [ ] Driver's license, plus an international driving permit if needed.
- [ ] Keep copies of your passport and ID on your phone.

2 Bookings

- [ ] Confirm flights, hotels, car rental and tours. Double check names and dates.
- [ ] Save confirmation numbers offline or print them.
- [ ] Know the cancellation rules for anything prepaid.
- [ ] Plan how you'll get from the airport to your first stay.

3 Money and cards

- [ ] Tell your bank and card companies you're traveling, if they ask for it.
- [ ] Check for foreign transaction fees and bring a card that works abroad.
- [ ] Carry a backup card, kept separate from your main one.
- [ ] Have a little local cash for arrival, tips and small shops.

4 Phone and data

- [ ] Check your plan's international rates, or set up a travel plan or eSIM.
- [ ] Download offline maps, translation and your airline's app.
- [ ] Pack chargers, a power bank and plug adapters.

5 Health

- [ ] Pack enough prescription meds for the trip plus a few extra days, in original containers.
- [ ] Check the CDC's travel health notices for your destination.
- [ ] Ask your doctor about any vaccines or medicines you may need.
- [ ] Bring a small kit: pain reliever, bandages, sunscreen, insect repellent.

6 Travel insurance

- [ ] Compare a few plans. Buying soon after you book usually gives you more options.
- [ ] Check what's covered: cancellation, medical, evacuation, delays and bags.
- [ ] Make sure activities like skiing, diving or hiking aren't excluded.
- [ ] See whether your health plan works where you're going.
- [ ] Save the policy and emergency phone number on your phone.

7 Packing basics

- [ ] Check the weather and your airline's bag rules.
- [ ] Keep meds, documents, chargers and a change of clothes in your carry-on.
- [ ] Comfortable shoes, a light layer and a reusable water bottle.
- [ ] Put a name tag inside and outside your bags.

8 Home prep

- [ ] Hold mail and packages, or ask a neighbor to grab them.
- [ ] Arrange care for pets and plants.
- [ ] Pay bills that come due while you're away.
- [ ] Share your plans with someone you trust.

9 The day before

- [ ] Check in online and save your boarding pass.
- [ ] Recheck flight times and how early to get to the airport.
- [ ] Charge everything. Take out trash and unplug what you can.
- [ ] Passport, wallet, phone, keys. Check them one more time.

My notes

General information only, not insurance, medical or legal advice. Entry rules and coverage vary, so check official sources and read your policy before you go.