

# Complete Travel Safety Checklist

## 6-8 Weeks Before Departure

- Research destination (laws, customs, scams, safe areas)
- Check government travel advisories
- Get required vaccinations
- Research seasonal disaster risks
- Apply for visas if needed
- Review/purchase travel insurance (medical, trip cancellation, evacuation)
- Verify equipment insurance for valuable gear

## 2-4 Weeks Before Departure

- Register trip with your embassy (STEP or equivalent)
- Notify banks and credit card companies of travel dates
- Verify passport expiration date (needs 6+ months validity)
- Make copies of all important documents
- Research healthcare facilities at destination
- Download offline maps and translation apps
- Set up international phone plan or research local SIM options
- Book accommodations in safe neighborhoods
- Research transportation options

## 1 Week Before Departure

- Fill prescriptions (bring extra)
- Assemble first aid kit
- Pack emergency cash in multiple currencies
- Create shared itinerary document with emergency contact
- Charge all devices and portable batteries
- Install VPN on devices
- Enable remote tracking on all devices
- Set up automatic cloud backup for photos
- Save emergency contacts to phone (offline accessible)
- Print copies of insurance policies and emergency numbers

## Packing Day

- Pack valuables in carry-on only
- Verify door locks work on luggage
- Put email (not home address) on luggage tags
- Pack doormat for hotel security
- Bring multi-use adapter for electronics
- Pack water purification method if needed
- Include portable phone charger
- Bring small flashlight
- Pack any special dietary cards in local language

## **Day of Departure**

- Secure home (lights on timers, hold mail, etc.)
- Double-check passport and tickets
- Confirm emergency contact has your itinerary
- Arrive at airport with extra time
- Keep medications in carry-on

## **Upon Arrival**

- Buy bottled water immediately
- Test hotel room locks and locate exits
- Store valuables in hotel safe
- Save hotel business card (has address in local language)
- Locate nearest embassy, hospital, police station
- Set up local communication (SIM card or confirm roaming works)
- Send "arrived safely" message to emergency contact

## **Daily While Traveling**

- Keep bag in front of you in crowded areas
- Use hotel safe for passport when not needed
- Check in with emergency contact regularly
- Stay aware of surroundings
- Use ATMs at banks during business hours
- Cover keypad when entering PIN
- Don't flash expensive gear unnecessarily
- Keep phone charged and accessible
- Trust your instincts

## **Before Returning Home**

- Check in for return flight
- Confirm ride from airport
- Pack carefully (don't exceed liquid limits)
- Keep receipts for expensive purchases (customs)
- Take photos of luggage contents if valuable
- Notify emergency contact of return travel time

## **After Returning**

- Monitor bank accounts for unusual activity
- Follow up on any insurance claims within 30 days
- See doctor if feeling ill (mention where you traveled)
- Leave reviews for accommodations/services
- Update your travel safety plan based on lessons learned
- Back up all travel photos to multiple locations

# Emergency Contact Information Template

**\*\*Personal Emergency Contact:\*\***

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**\*\*Embassy/Consulate:\*\***

Country: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Emergency After-Hours: \_\_\_\_\_

**\*\*Insurance:\*\***

Provider: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Emergency Hotline: \_\_\_\_\_

**\*\*Banks/Credit Cards:\*\***

Card 1: \_\_\_\_\_ Phone: \_\_\_\_\_

Card 2: \_\_\_\_\_ Phone: \_\_\_\_\_

Bank: \_\_\_\_\_ Phone: \_\_\_\_\_

**\*\*Medical:\*\***

Blood Type: \_\_\_\_\_

Allergies: \_\_\_\_\_

Medications: \_\_\_\_\_

Doctor at Home: \_\_\_\_\_ Phone: \_\_\_\_\_

Insurance: \_\_\_\_\_ Policy #: \_\_\_\_\_

**\*\*Local Emergency Services:\*\***

Police: \_\_\_\_\_

Ambulance: \_\_\_\_\_

Fire: \_\_\_\_\_

**\*\*Travel Details:\*\***

Accommodation: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Check-in: \_\_\_\_\_ Check-out: \_\_\_\_\_

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\*Print this checklist and keep it with your travel documents. Share a copy with your emergency contact at home.\* \*\*From PeekatThis.com - Travel Safety Tips That Actually Work\*\*