

The Key to a Successful Trip is Planning and Preparation!

Pre-Travel Preparation

Medication

- Always carry a copy of the prescription with prescribing doctor's contact details
- Never put your medication in your checked luggage (hand carry only)
- Take double the required supply with you in case you lose it or in case you are abroad longer (this may require an override from your insurance comp)

Vaccination Requirements

- Beware of Yellow Fever vaccination
- The certification is valid 10 days after the vaccination is administered
- Consider Rabies pre-exposure vaccination for certain areas of the world

Food and Water precautions

- Check the seal of bottled water and open bottles or cans of soda yourself
- Remember that water is not always safe in many areas
- Keep in mind that fruits and vegetables are often washed in tap water
- Keep hand wipes/sanitizer "on hand"

Protection Measures for Travel Activities (i.e. hiking, safari walks)

- Always make sure people know where you are when you are in foreign locations
- Make sure you have a way of contacting people
- Have your own mini first aid kit. This can help you as well as your fellow travellers
- Take obvious precautions
- Ex: When you are biking, wear a helmet
- Make sure you're familiar with which modes of public transit are safe

Health Insurance

- Understand how to prepare for payment arrangements if you need medical care
- Ex: Does your insurance cover overseas med expenses incurred out-of-network?

Medical advice

- Be aware of pre-existing conditions
- Understand the (local) common illnesses/diseases
- Ex: Reports of any recent medical outbreaks (in remote areas there could be a surge in Malaria, small pox, and/or measles)

Visa/Passport Issues

- Research the embassy locations
- Keep color copies of your passport and visa with you at all times and do not lose them!
- Upload these documents on your laptop and into Emergency Record
- Send it to your next of kin

Local Emergency Response Capabilities

- Determine the local emergency number and their capabilities in that area

Communication

- Always carry a Smartphone or Cellphone and make sure it works in your destination
- Make sure you follow your school's guidelines for registering your travel, and contact information
- If available through your school, download the International SOS App if you have a smartphone
- Program the International SOS Alarm Center phone number into your cell phone
- Keep the International SOS card on you at all times

Security Information

- Refer to and use the Country Guides on the International SOS portal
- Research Safety Information
- What things are happening in the area? (ex: Riots in the streets)
- Which public/bank holidays may affect you?

Real Time Situations

Sickness/Emergency

- When something happens, call the International SOS Alarm Center early!
- We will help with any psychiatric situation
- There's no such thing as calling the wrong" Alarm Center – International SOS will figure out how to most efficiently assist you!

Police or Legal Issues

- Beware of alcohol use
- Do not get arrested – you may not know the consequences!

International SOS is in the best position to assist you if you call early and call often. The more informed we are in the beginning of a situation, the greater our ability to provide recommendations and ensure that you are safe, secure, and healthy.