

## TRAVEL SAFE CHECKLIST

1. \_\_\_\_\_ Take your **My Life Log** and updated Emergency Medical Information Card with you. Carry a copy in both your wallet and with your passport if you travel abroad.
2. \_\_\_\_\_ Inquire whether hotels have smoke or carbon monoxide detectors and sprinkler systems. You may want to bring your own smoke detector.
3. \_\_\_\_\_ When reserving a vehicle, request one that is equipped with safety belts. Check the tires, lights, brakes and windshield when you pick up the vehicle to be sure they are in good condition and work properly before starting out.
4. \_\_\_\_\_ If you're traveling with young children, take appropriate safety or booster seats that are adaptable for airline use.
5. \_\_\_\_\_ Before leaving on your trip, establish a plan for dealing with medical emergencies
6. \_\_\_\_\_ Learn what medical services your health insurance will cover overseas.
7. \_\_\_\_\_ Remember to carry both your insurance policy ID card and a claim form.
8. \_\_\_\_\_ Check on getting supplemental travel insurance that will cover medical emergencies outside the U.S. and hopefully cover emergency medical transport (including repatriation), guaranteed medical payments and a telephone number for a 24-hour physician-backed assistance hot-line. Check the State Department website <http://travel.state.gov/> for a list of insurance companies that write supplemental insurance of this type.
9. \_\_\_\_\_ Check current entry requirements with the foreign embassy of the country you'll be visiting (possible inoculations or medical tests)
10. \_\_\_\_\_ Pack all your medicines (in their original containers) in your carry-on and bring written prescriptions that will show customs they are legitimate prescriptions and/or in case you lose your medicines and need to have them refilled while away.
11. \_\_\_\_\_ If you have a pre-existing medical condition, carry a letter from your physician describing the medical condition and any medications, including the generic names of those prescriptions.
12. \_\_\_\_\_ Research the State Department website <http://travel.state.gov/> for a list of air ambulance/med-evac companies based in the U.S. and overseas. Download to your PDA or make notes in your **My Life Log**.
13. \_\_\_\_\_ Time to draw up your Will and Living Trust if you haven't already done so. A form for drawing up a will is provided on this website. Two witnesses are required.

