



Be prepared if you travel abroad

Traveling in a foreign country can be rewarding whether it is for business or pleasure. It can also present unexpected challenges if you are not prepared. Below are some items Texans should consider when planning a trip abroad.

Before You Go

- ❑ Learn about the country you are visiting, including country specific background notes, travel warnings and alerts available from the U.S. State Department and the CIA World Factbook sites:
 - ❑ www.travel.state.gov
 - ❑ <https://www.cia.gov/library/publications/the-world-factbook/index.html>
- ❑ All U.S. citizens traveling by air are required to present a passport to enter or re-enter the United States. For additional requirements, or how to apply, please visit the U.S. State Department Website at: http://travel.state.gov/passport/passport_1738_2.html
- ❑ The Centers for Disease Control has information regarding vaccines, medications, and other measures to prevent illness and injury during international travel at: <http://www.cdc.gov/travel/>

Keep Others Informed

- ❑ Register your travel plans with the U.S. State Department at: http://travel.state.gov/travel/tips/registration/registration_1186.html
- ❑ In unforeseen situations family members, employers or fellow co-workers may need to contact you. Leave copies of your travel plans, itinerary, lodging information and passport with your family and the appropriate people at your office.
- ❑ It is risky to travel with only one copy of important documents such as your passport. Keep extra copies of your passport and important information with you, including your insurance card, and emergency phone numbers for your family and supervisor. Make sure other members of your travel party have this information for themselves as well.
- ❑ While abroad, keep people back at home informed of your status, especially if there are changes to your schedule or your accommodations.

Calling Home

- ❑ Check with your cell phone provider for usage options in the country you will be visiting.
- ❑ If you will use a state issued mobile device, contact your information technology employees before your travel to explore your options
- ❑ Consider purchasing a calling card in advance or once you arrive in the foreign country. Be sure to find out if English language operators are available if needed.
- ❑ Research how to place overseas collect calls or access English language operators on the Internet prior to your departure.

Medical Emergencies

Many insurance plans do not cover doctor visits or hospital stays outside of the country, nor do they typically provide emergency medical evacuation flights back to the United States. Research emergency and international benefits provided by your insurance company; you may want to consider purchasing additional insurance to cover emergency travel situations.