

Vanderbilt Student International Travel Basic Safety and Security Checklist

The following guidelines represent the minimum steps students should take to mitigate international travel health and security risks. Travelers should educate themselves specifically about the countries they are visiting and avoid known hazards.

- D Read the VU student travel policy found:
<http://vanderbilt.edu/gss/travel/student-international-travel.php>
- D If you are traveling to a country with an active U.S. State Department warning or is otherwise restricted per VU policy (see <http://vanderbilt.edu/gss/travel/restricted-regions-list.php>), submit a SARAC (Study Away Risk Assessment Committee) request for approval 60 days prior to the trip:
<http://vanderbilt.edu/gss/travel/study-away-risk-assessment-committee.php>

Please disregard this step if you have already received your SARAC approval

- D Read the CDC's list of recommendations and requirements for the destination country
<http://wwwnc.cdc.gov/travel/destinations/list.htm>
- D Visit VU Student Health and/or other health care provider and receive all recommended vaccines prior to travel
- D Read and sign the release of liability form provided and return to your departmental administrative officer or trip organizer.
http://www.vanderbilt.edu/gss/travel/student_liability_waiver.pdf
- D Confirm you have health insurance which covers you during your entire trip abroad. If you want to purchase insurance, visit the HTH website
- Students - Undergraduate, Graduate and PhD students
<https://www.hthstudents.com/>
Use VU group code: KXP-37915
 - Faculty and Staff
<https://www.hthtravelinsurance.com/>
- D Register your trip through MyTrips on Vanderbilt's ISOS portal. Include emergency contact information. Print membership card and download the assistance app. You may call the assistance line for up-to-date information about travel risks by country before your trip.
<https://www.internationalsos.com/MasterPortal/default.aspx?membnum=11BSGM000066#>
- D Ensure you have the required visas for traveling to the destination country. This provider can help if you need it <http://cibtvisas.com/?login=vanderbilt>

- D Register with U.S. Department of State's STEP Program (U.S. Citizens only)
<https://step.state.gov/step/>
- D See Vanderbilt's Global Support Services webpage and contact the department if you have questions: <http://www.vanderbilt.edu/gss/travel/International-travel-registration.php>
- D Cell phone – take a cell phone that works in the countries you are visiting. Keep it charged.
- D Carry a contact card on your person along with the ISOS phone number (or phone app) and the local equivalent to “911”
- D Consider your own physical and mental health and other personal circumstances before traveling. International travel can be challenging. Take adequate supplies of prescription drugs in the original containers, however first check the embassy website of your destination country to be certain the drug is legal. Certain commonly prescribed and over-the-counter drugs which are legal in the U.S. are not legal in other countries and alternatives need to be found prior to travel.
- D Keep in touch with family, friends, or VU faculty/staff as appropriate. Provide parents/guardians/families and others who may need to know with emergency contact information.
- D Conduct your own research on the country(ies) you plan to visit with particular emphasis on health and safety concerns, as well as the social, cultural, and political situations. In certain countries, women should observe stringent security precautions and not travel alone. All travelers need to know what ground transportation choices are safe.