

> Pre-Departure CHECKLIST

Address

6601 W College Dr, Palos
Heights, IL 60463

Contact Us

OCP@TRNTY.EDU

Documents & Finances

- Ensure passport validity (6+ months after return date).
- Make copies of important documents (passport, visa, insurance, acceptance letter).
- Notify your bank and credit card companies of your travel plans.
- Research currency exchange rates.

Health & Safety

- Schedule a medical check-up and required vaccinations.
- Confirm health insurance coverage abroad.
- Pack a travel-size first aid kit and any prescription medications.
- Learn local emergency numbers.

Travel Preparations

- Arrange airport transportation (arrival and departure).
- Check luggage size and weight restrictions.
- Research electricity outlets and purchase adapters/converters.
- Pack light but include essentials for your destination's weather.

Cultural Preparation

- Research local customs, etiquette, and traditions.
- Learn a few basic phrases in the local language.
- Familiarize yourself with the transportation system in your host country.
- Check time zone differences and adjust schedules if necessary.

Final Steps

- Create a budget and financial plan for your time abroad.
- Download maps and guides for offline use.
- Pack travel essentials: passport, visa, documents, phone charger, and snacks.
- Double-check all arrangements before departure!