

International Travel Safety Tips and Check List

There are a variety of risks involved when traveling internationally. The best way to avoid risks is to plan ahead and be prepared for emergencies that may arise. The following safety tips for traveling internationally come from a variety of travel resources.

1. Be informed

Learn about your destination at travel.state.gov/destination, and plan for the unexpected at travel.state.gov/crisis. Travelers should enroll with [Smart Traveler Enrollment Program \(STEP\)](#). It is also helpful to review online travel reviews and local recommendations for safe areas to stay and book your travel. The state department also provides a [handy wallet size traveler's check list](#) which can be downloaded and printed ahead of time.

2. Documents

Create copies of your passport, driver's license and/or another form of identification. Scan these documents to save online and print out several hard copies. In the event of theft or a lost or stolen passport – contact the [local embassy](#) immediately. It is helpful to have a copy of your identification on hand as it can shorten process time.

3. Insurance

Confirm that you are enrolled in the University's travel insurance program. Enrollment and billing occur directly through [concur](#) for staff and faculty. The cost of this insurance is \$2.50 per person per day. Individuals enrolled in the coverage may be eligible to extend the coverage for leisure travel that occurs before, during, or after their University-related travel for a maximum of 14 days. For fiscal year 2021/2022 the maximum days charged for the supplemental international travel insurance is 14 days. Beginning in fiscal year 2023, this maximum will increase to 30 days. More information may be found at travel.uoregon.edu. **You should download your insurance travel benefits card and review insurance policy exclusions online prior to departing for your destination.** For security purposes, you may not be able to access this information once you are at your international destination.

4. Emergency contacts and keeping an itinerary

Before you leave, send a copy of your itinerary to a few trusted people who can keep tabs on your whereabouts. Check in regularly with your contacts. Keep a paper list and electronic list of your emergency contacts, embassy numbers and travel insurance information.

5. Don't carry everything together and do not take what you won't need

It might be tempting to keep your cash, credit cards, identification, and traveler's checks in your wallet, but don't do it. Keep any money, credit cards, IDs, and checks you won't be using locked in your hotel room safe. Separate the monetary and identifying items you must carry on you and carry them in different spots on your person. This safety tip prevents you from losing everything should somebody steal your wallet.

Also, prior to leaving, it is advised you remove all credits cards, debit cards and other information you will not need during your travels. This will minimize the number of entities you will need to contact if items are stolen or lost.

6. Be wary of public wi-fi, review cyber security considerations and export control laws

When you use public wi-fi, hackers looking to steal valuable information can access your data including credit card or Social Security numbers. If you do need wireless internet service, set up a virtual private network (VPN) that will allow you to access the internet securely while traveling. Review the University's [export controls](#) and [cyber security](#) websites prior to travel.

7. Be aware of your surroundings

Always keep an eye on your personal belongings and use good judgment when talking to strangers. Trust your gut, if you feel unsafe in an area or situation, leave.

8. Use reputable transportation companies

Research which taxi companies are reputable before you arrive in a place and use only those. If you're ride-sharing using an app like Uber or Lyft, double check your driver's vehicle information and verify their name before you get in the car with them.

9. Personal Protection Equipment

Giving back to underserved communities is a wonderful way that ducks show they care. If traveling internationally to assist with building community housing or labor-intensive work, please be sure to review safety equipment and PPE requirements. If you are traveling abroad and have safety equipment or PPE concerns, please contact [Environmental Health Team](#).

Some additional safety tips:

- Wear a helmet if biking is your choice of transportation,
- Review lab safety rules if working in lab abroad prior to your travel,
- Wear good shoes to help prevent slip/trips and falls,
- Be mindful when driving abroad; know the rules the road in the country you are traveling in.

10. Crisis Abroad: Be ready!

Review the [State Departments recommendations](#) for how to be prepared in the event of natural disasters and manmade disasters while traveling abroad. Have your travel insurance card handy for assistance with emergency evacuation, or medical evacuation if needed.

Basic Check List:

- ❖ Research and complete all health and safety requirements for the country entry
- ❖ Passport and IDs photocopy and digital copy
- ❖ Insurance information both medical and international travel card information
- ❖ Enrolled in STEP
- ❖ Embassy Locations and Numbers
- ❖ Itinerary and emergency contacts
- ❖ Reviewed export controls and cyber security training
- ❖ Emergency plan of action in place when things don't go to plan
- ❖ You may need an alternate email account in case you use lose access to UO email and the ability to do two-factor authentication. Review [two-factor authentication](#) options prior to travel.

Sources:

<https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-checklist.html>
<https://www.nationwide.com/lc/resources/home/articles/travel-safety-tips>
<https://www.worldpackers.com/articles/simple-travel-safety-tips>
<https://www.internationalinsurance.com/advice/12-tips-for-staying-safe-while-traveling.php>
<https://www.ue.org/risk-management/study-abroad/managing-study-abroad-programs-on-the-ground-k12/>