

## [How To Pack Smart](#)

The following things will be useful to have during your trip.

- Copies of your passport and travel documents. Place a copy of your passport and travel documents in each piece of luggage, in case you lose the original documents. Don't forget to leave a copy with a friend or relative at home.
- Items that might go in your [travel health kit](#).

Check the [Transportation Security Administration](#) website for updates on permitted and prohibited items, including medicines that you are allowed to carry onto an airplane.

Some items may not be allowed in other countries. It is a good idea to check the [Customs and Import Restrictions](#) section of the U.S. Department of State Tips for Traveling Abroad.

## *What to Pack in Your Travel Health Kit*



Use this list to help you think of things to pack in your travel health kit. Be sure to think about where you are going and whether you will have access to health items and supplies.

### Medicines

- Prescription medicines you usually take
  - If you have a severe allergy and epinephrine has been prescribed by your doctor, bring your Epinephrine auto-injector (for example, an EpiPen).

### **Special note about prescription medicines**

- Pack your prescription medications in your carry-on luggage.
- Pack copies of all prescriptions, including the generic names for medications.
- Pack a note on letterhead stationery from the prescribing physician for controlled substances and injectable medications.
- Leave a copy of your prescriptions at home with a friend or relative.
- Check with the American Embassy or Consulate to make sure that your medicines will be allowed into the country you are visiting. Some countries do not let visitors bring certain medicines into the country.
  
- Special prescriptions for the trip
  - Medicines to prevent malaria, if needed
  - Antibiotic prescribed by your doctor for self-treatment of moderate to severe diarrhea
- Over-the-counter medicines
  - Antidiarrheal medication (for example, bismuth subsalicylate, loperamide)
  - Antihistamine
  - Decongestant, alone or in combination with antihistamine
  - Anti-motion sickness medication
  - Medicine for pain or fever (such as acetaminophen, aspirin, or ibuprofen)
  - Mild laxative
  - Cough suppressant/expectorant
  - Cough drops
  - Antacid

- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream

#### Other important items

- Supplies to prevent illness or injury
  - Insect repellent containing DEET (30%-50%) or picaridin (up to 15%)
  - Sunscreen (preferably SPF 15 or greater) that has both UVA and UVB protection
  - Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol
  - Lubricating eye drops
- First-aid supplies
  - First aid quick reference card
  - Basic first-aid items (bandages, gauze, ace bandage, antiseptic, tweezers, scissors, cotton-tipped applicators)
  - Moleskin for blisters
  - Aloe gel for sunburns
  - Digital thermometer
  - Oral rehydration solution packets
- Health insurance card (either your regular plan or supplemental travel health insurance plan) and copies of claim forms

#### Other items that may be useful in certain circumstances


- Mild sedative or other sleep aid
- Medicine to prevent altitude sickness
- Water purification tablets
- Commercial suture/syringe kits to be used by local health-care provider. (These items will also require a letter on letterhead stationery from the prescribing physician.)
- Latex condoms
- Child safety seats
- Bicycle helmet

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#### Plan Ahead for Illness or Injuries During Your Trip

In addition to preparing yourself for your trip, it is important to also prepare your friends and family at home for a possible emergency. Ask a family member, friend, or employer to be your contact person while you are traveling. Before you leave:

- Make arrangements to check in at regular intervals during your trip with this contact person.
- Leave them a copy of your passport, as well as details of your travel plans and how to contact you.
- Leave them a copy of your prescription for any medicines that you are taking and the contact information for your doctor.

If there is an emergency at home, or if a family member is worried about a traveler's welfare, they can ask the embassy or consulate for help. See the [Welfare/Whereabouts Services Abroad](#)  webpage for specific services available.

#### Register with the U.S. Department of State

The U.S. Department of State provides a free travel registration service to U.S. citizens who are traveling or living in another country. Registration allows you to record information about your trip so that an American consular officer can contact and assist you in an emergency. Registration is very helpful if you find yourself in a situation where there is unexpected civil unrest or a natural disaster, such as an earthquake or hurricane. Remember, a consular officer cannot assist you if they do not know where you are. For more information, see [Registration of Traveler Emergency Contact and Itinerary Information](#).

## Quick Travel Tips & Resources

1. Consular Affairs for all foreign consular services and information visit this [website](#).
2. Overseas Citizen Services, if you're traveling abroad and you are a US citizen, you may call: 1-888-407-4747. Or, if you're calling from abroad: 1-202-501-4444.
3. While traveling abroad you should register with the state department [here](#).
4. Traveling with a child as a single parent, please carry a legal document from the other parent authorizing you to do so. Some countries may require evidence of legal guardianship. A simple notarized letter should suffice, please consult an attorney.
5. Credit limit on your credit cards, keep note of how much credit you have on each card. Some countries have very strict laws on exceeding credit limits.
6. Insurance, Medicare and Medicaid do not cover medical expenses abroad. Some private insurance policies may also not cover health insurance abroad. You may purchase health insurance [here](#).
7. [Currency Converter](#)
8. [Language Translator](#)
9. [Weather reports](#)
10. Country Customs and etiquette, [click here](#).
11. [Unaccompanied minors traveling alone](#)
12. Traveling with Diabetes, [click here](#).
13. Disabled Air Travel, [click here](#) and [here](#).
14. [Disabled travel resources](#)
15. [Traveling with pets](#)
16. [Travel for adoption](#)

### Public

### Transportation

### Safety

### While

### Traveling

When traveling via taxi, bus, train, subway or other means of public transportation, you want to be safe and smart. Here are a few tips to consider.

1. Be extremely careful in crowded subways, train stations, elevators, tourist sites, marketplaces, festivals and crime-ridden neighborhoods.
2. Avoid using small alleyways and dimly lit streets.
3. Avoid public demonstrations or political disturbances.
4. Keep a low profile. Do not raise your voice and do not get into arguments.
5. Do not discuss travel plans with strangers.
6. Do not look as if you are lost. Appear confident, even when you're actually lost.
7. Make a note of emergency phone numbers in your local area while traveling.
8. If you are attacked or confronted, do not fight back, give up your valuables.
9. Do not take unofficial taxis, which are not marked or metered.
10. Do not accept food or beverages from strangers in trains or buses.
11. If you are taking an overnight train, take turns sleeping and always lock your compartment.
12. If you sleep on a train, tie your luggage with a chain lock.
13. Don't be afraid to let the authorities know if you suspect anything.
14. While traveling on buses use the same precautions.

### Hotel

### Safety

### Tips

After booking a [discounted hotel](#) on CheapOair, you want to be safe and smart during your stay to make the most of your vacation.

1. Meet your visitors in the lobby of the hotel and keep your room locked at all times.
2. Do not leave money or other valuables in your room; put it in the hotel safe.
3. Let someone in the hotel, like the concierge or front desk know what time you should be expected back.
4. Read the Fire safety instructions.

### Car

### Rental

### Safety

### Tips

After making your [discounted car rental reservation](#) on CheapOair, here are a few safety tips.

1. While renting a car, choose a commonly available type in the local market you are visiting, so you do not draw attention to yourself.
2. If possible, ask that markings identifying your rental car as a “rental” be removed.
3. Make certain that the car you’re renting is in tip-top shape.
4. If available, choose a car with universal door locks and power windows, features that give the driver better control of access.
5. An air conditioner in the car can also be a safety feature, allowing you to drive with closed windows. Thieves can snatch purses through open windows of cars even while driving.
6. Wear seatbelts and keep the doors locked at all times.
7. Do not pick up hitchhikers, men or women, even if they look innocent, or are attractive.
8. If you see suspicious looking people around, do not get out of the car.
9. Do not park your car in a remote area overnight.
10. Try and avoid driving at night.
11. In some southern European countries, there are many scams, which lead to carjacking. Carjackers and thieves operate at gas stations, parking lots, in city traffic and along the highway. Be suspicious of anyone who hails you or tries to get your attention when you are in, or near your car.

### **Safety Tips for Handling Money When Traveling**

When traveling, handling money safely is of the utmost importance. Whether, you’re using cash or travelers checks, you want to be smart. Here are a few tips to help you handle money during your travels.

1. Try and carry traveler’s checks instead of cash.
2. Counter sign Travelers checks in front of Shop owners when making your purchase.
3. Do not flash large amounts of cash.
4. Get your credit card back after each transaction.
5. Only deal with big or well known money exchange vendors.
6. If you lose any valuables or money, immediately file a police report and keep a copy of that report.
7. After reporting the theft to the nearest police station, report the following:
  1. Travelers checks to the closest bank or agent issuing company.
  2. Credit cards to the issuing bank.
  3. Airline tickets to the travel agent or airline.
  4. Passport to the nearest consulate or embassy.

### **Safety Resources for Travelers**

1. Avoid high risk areas. Try not to travel to areas where the government has issued a travel warning.
2. Do not leave any documents in the hotel room while checking out.
3. It is good to make a mental note of the closest hospital and police station.
4. **Do not accept packages or gifts from strangers at any cost.**
5. Always drive with all doors locked and windows closed.

### **Contact Information for Victim Compensation and Assistance Programs**

Information about each state’s crime victim compensation program and how to apply for compensation is available on the Internet at the web site of the [National Association of Crime Victim Compensation Boards](#).

The toll-free, 24/7 hotline for sexual assault crisis counseling and referrals in the United States is 1-800-656-HOPE. It is operated by a non-profit organization called [RAINN](#) (Rape, Abuse and Incest National Network), which also has information on the Internet [here](#).

Information about local sexual assault victim assistance programs in the U.S. is also available from each state’s sexual assault coalition.

