

INTERNATIONAL TRAVEL ESSENTIALS

PACKING MADE SIMPLE

These are a few extra items to pack alongside our "Packing Essentials" when your destination takes you international!

- Passport / Passport holder
- Adaptor / Convertor
- International phone plan (call your phone company in advance)
- International driver's license (obtain from AAA Travel)
- International credit card / ATM card
 - example: Charles Schwab Card (no international fees)*
 - call your bank in advance to let them know you will be traveling
- Any required medical shots
- International insurance
 - example: International SOS*
- Record of health details: vaccines, blood type, etc
- Copies of driver's licenses, passport, & health details emailed to yourself & a trusted emergency contact
- Compression socks
- Travel pillow / Blanket
- Empty water bottle (pack in your carry on &, after airport security, fill it up before your flight)

INSIDER'S TIP: It's always good to go into a foreign country with a small amount of their local currency on hand. Some stores, taxis, etc take cash only. Prior to traveling, ask your local bank if they offer any currency exchanges and ensure your credit card has no international ATM fees, which will allow you to make quick withdraws without extra fees.

