



## Education Abroad Pre-Departure Checklist

Complete these steps to stay healthy and safe during your study abroad experience!

- Research your destination and monitor the local news and notices from the U.S. Embassy.
- Make sure your passport is current. The expiration date should be more than six months after the end of your travel.
- Get the appropriate visa to enter your destination country. If you need a visa to return to the U.S., make sure yours will be valid when you return.
- Complete the mandatory **SpartansAbroad** pre-departure orientation on D2L ([d2l.msu.edu](http://d2l.msu.edu)) at least six weeks before you leave.
- Visit the MSU Travel Clinic (or other travel health professional) to review:
  - significant/chronic health conditions
  - updating immunizations
  - prescriptions
- One month before you leave, look for an email from GeoBlue with your international health insurance card. Get familiar with your health coverage at [geobluestudents.com](http://geobluestudents.com). If you don't receive this email, contact OIHS at [oihs@msu.edu](mailto:oihs@msu.edu).
- Enroll in STEP (Smart Travelers Enrollment Program) at [step.state.gov](http://step.state.gov) and update your itinerary.
- If you're transporting research materials, software, or data, review the export control regulations at [exportcontrols.msu.edu](http://exportcontrols.msu.edu)
- Make two copies of all your important documents. Leave one set of copies at home, and pack the other set separately from the originals.
- Print the In Case of Emergency wallet card, fill it out, and keep it in your wallet or purse.

### IN CASE OF EMERGENCY

Call the local emergency service

Ambulance #: \_\_\_\_\_

Fire #: \_\_\_\_\_

Police #: \_\_\_\_\_

Call your leader or director

Program Leader or

Resident Director: \_\_\_\_\_

**MSU 24/7 INT'L ASSISTANCE**

**\_\_\_\_\_ -1-517-353-3784**



### NON STUDY ABROAD TRAVELERS

You **must** register in the MSU Travelers Abroad Database to receive access to coverage: [travelersabroad.isp.msu.edu](http://travelersabroad.isp.msu.edu)

### IMPORTANT NOTES

- Spouses/dependents are **not** covered under MSU's policy
- Avoid paying fees upfront: contact HTH to locate a Network Provider
- For out-of-network providers: **save all receipts** so you will be reimbursed

### IN CASE OF MEDICAL INCIDENT

For emergencies, call local ambulance:

\_\_\_\_\_

For all medical incidents call HTH

24/7 Assistance Line

**\_\_\_\_\_ -1-610-254-8771**

HTH Certificate #: \_\_\_\_\_

Your international cell phone #: \_\_\_\_\_