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) 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. If you don’t receive this email, contact OIHS at oihs@msu.edu.

Enroll in STEP (Smart Travelers Enrollment Program) at 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

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.

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**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

**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 #: _____________________