

Before You Go...

⇒ Access the consular information for the country or countries you'll be visiting at the travel.state.gov site.

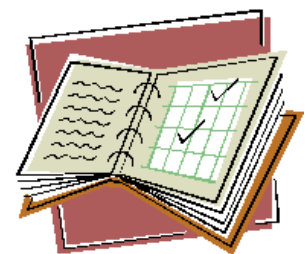
⇒ Check with the Centers for Disease Control and Prevention for immunization recommendations and requirements (cdc.gov/travel). Plan ahead, because some vaccine treatments must be started several months before you leave.



⇒ Doctors experienced in overseas health (such as a travel medicine specialist) can give lifesaving advice, especially if you are going to a high-risk area of the world.

⇒ Consider registering with the U.S. embassy or consulate at the travelregistration.state.gov site. This will make your presence and whereabouts known in case of emergency.

⇒ Leave a copy of your itinerary with family or friends at home, and as much information as possible about how you can be contacted.



⇒ Make two copies of your passport identification page. Leave one copy at home with friends or family, and carry the other with you in a place separate from your passport. This will facilitate replacement if your passport is lost or stolen.

