

**While Traveling** (place a  in the suggestions about which you have questions or need more information. Check <http://travel.state.gov> or the CPB's website for additional travel or other safety and money-saving tips.)

Be careful. Different countries have different laws. Be aware that traffic patterns may be different than at home.
Try to eat foods that have been fully cooked or fruits that come with an intact peel. Avoid foods requiring handling during shipping which may carry germs and bacteria.
Be cautious of the water when outside of the U.S. Even when showering or brushing your teeth, contaminated water can be very dangerous if it gets into your system. Drink bottled water or if not available, water that has been boiled and cooled.
Avoid ice in beverages unless cubes are made from bottled water.
Make a complete medical history form that includes your name, address, phone number, emergency contact, blood type, immunizations, health insurance information, allergies, medications, and any other significant medical information. This will assist you in obtaining proper health care quickly. Consider having it translated from English to the language that is prevalent in the country of your travel.
Know currency exchange rates so you do not get taken advantage of and find out if your credit card issuer charges a fee for this service.
Have the contact information for the local U.S. consulate/embassy with you at all times.
Check with your cell phone carrier about your options for having service at your vacation destination.

Add more of your own suggestions to the list if you wish.




A public service of the  
**New York State**  
**Consumer Protection Board**  
 Advocating for and Empowering NY Consumers  
[www.nysconsumer.gov](http://www.nysconsumer.gov)



## Traveler's Checklist

The NYS Consumer Protection Board advises consumers to follow these important travel tips for safety, convenience and cost effectiveness.



### Before Leaving Home Essentials (place a in each box)

Lock all windows, doors, including the garage and any fences (especially fences around pools).
Put a hold on home-delivered mail and newspapers or make arrangements for a neighbor to pick them up daily.
Set timers on lights to make sure your home appears occupied.
Unplug <u>all</u> electric appliances except freezer and refrigerators.
Make responsible and reliable plans for any pets.
Tell a trusted neighbor you'll be away so he/she can keep a watchful eye on your residence.
Make plans for your plants to be watered or bring them to a neighbor's house.
Leave spare keys to your car with a trusted neighbor or friend.
Leave house keys and a copy of your itinerary with a trusted family member/friend/neighbor.
Donate perishable food to a food pantry or neighbors.
Lower thermostat (in winter).
Turn off air conditioning (in summer).
Have lawn mowed, sidewalk shoveled or driveway plowed, as needed.
Put your valuables in a safe place, i.e. (safety deposit box).
Notify credit card companies of your travel dates and locations.
Make sure to pay all bills that will come due while you are away to avoid late fees.
Make sure your health insurance is current.
Check out travel insurance.
Consider getting a ride to the airport/train station/ bus terminal so you do not have to accrue long-term parking charges.
Arrange with family/friend to wire money if needed in an emergency.

**Miscellaneous Suggestions** (place a  in those you elect to do to help save time and money - also see CPB's Stretch Your Dollar tips at [www.nysconsumer.gov](http://www.nysconsumer.gov))

<input type="checkbox"/>	Book flights well in advance to save money and use any accrued reward points towards free air fare.
<input type="checkbox"/>	Consider traveling to popular vacation spots off-season. While the weather may not be perfect, you can save a great deal of money and still enjoy the same sites, accommodations, and food.
<input type="checkbox"/>	Plan out exactly what you need for your trip before leaving. Make a list of all important items so you do not forget them.
<input type="checkbox"/>	Check out airline policy guidelines for luggage and carry on bags as many airlines have reduced the number of bags you may bring and have instituted charges for checked baggage. Arrive early to the airport. This will guarantee you have time to go through security and baggage checks.
<input type="checkbox"/>	When traveling abroad, consider registering with the U.S. State Department so they can better assist you in an emergency.
<input type="checkbox"/>	Look for discount hotel/motel offers. Search for hotels where kids stay free. If possible, consider getting one room with two large beds and a sleeper sofa instead of two separate rooms.
<input type="checkbox"/>	Ask where there is a local grocery store so you can stock up on items you can keep in your room to save time and money.
<input type="checkbox"/>	Have your car checked before taking it on a long trip. Make sure the oil is changed, that the brakes, heat and air-conditioning are working properly, and that the tire pressure is at its recommended level.
<input type="checkbox"/>	Consider traveling late at night or very early in the morning to avoid traffic provided the driver is rested and has no trouble driving in the dark.
<input type="checkbox"/>	Think about purchasing or renting a portable GPS device for your car/rental car to help navigate unfamiliar territory.
<input type="checkbox"/>	Carry your money and identification with you safely to avoid becoming a victim of theft.
<input type="checkbox"/>	Consider carrying traveler's checks rather than cash and maintain a separate log of the check numbers in case they are lost or stolen.

Add your own suggestions to these lists if you wish.

<input type="checkbox"/>	
<input type="checkbox"/>	
<input type="checkbox"/>	

**Important Travel Documents** (place a  in each box as you pack) **(Don't leave home without them!)**

<input type="checkbox"/>	Driver's License or Non-driver identification card
<input type="checkbox"/>	Passport (if needed)* Check dates of validity. Make sure it's signed and lists emergency contacts.
<input type="checkbox"/>	Travel visa (if needed)* Check dates of validity.
<input type="checkbox"/>	Travel insurance; medical coverage information
<input type="checkbox"/>	Airline tickets
<input type="checkbox"/>	Bus/Rail passes
<input type="checkbox"/>	Photocopies of travel documents (packed separately from originals)
<input type="checkbox"/>	Credit cards/travelers checks - - make 2 copies of both sides (keep one and give one to a trusted friend/family member at home, along with the itinerary for your trip).
<input type="checkbox"/>	Clean out your handbag/wallet of unnecessary credit cards, identification, and other documents before leaving. It is best to bring only what you need in case of loss or theft.
<input type="checkbox"/>	Contact information for local U.S. consulate/embassy
<input type="checkbox"/>	Any necessary directions
<input type="checkbox"/>	Affix luggage tags on the outside of the bag, and include your name and contact information inside as well in case the tag falls off.

**Important Health Precautions** (place a  in each box for safety)

<input type="checkbox"/>	Tell your physician if going out of the country and obtain any necessary vaccinations and medication.
<input type="checkbox"/>	Bring all your medications, vitamins and nutritional supplements in your carry-on bag so they are with you at all times.
<input type="checkbox"/>	Pack a list of the names of any prescriptions and dosing recommendations including the generic form of the medication.
<input type="checkbox"/>	Pack sunscreen, bug spray, antihistamine, motion sickness medication, antidiarrheal, prescription lenses, glasses or contacts, earplugs, neck/back pillow, etc.
<input type="checkbox"/>	If you are traveling with friends or family members that are elderly, or suffer from serious medical conditions, consider bringing copies of a health care proxy or power-of-attorney.

\* Verify documentation requirements with federal authorities.