

International Checklist

College of Education, Health and Aviation

- Researched country and destination(s)
- Memorandum of Understanding (if applicable)
- Check-in form (if applicable)
- Enrolled in correct classes (check with your advisor, internship coordinator and/or international studies coordinator)

OSU and Study Abroad

- Health and safety training
- OSU Insurance (have copies of your insurance card)
- *Abroadprograms.okstate.edu* profile complete
- Have a roundtrip, refundable ticket (paper AND electronic copies)

Other

- Called your bank and credit card(s)
- Have emergency funds put aside
- Met with your physician; planned for any prescriptions and/ or immunizations; planned for any ongoing care (therapy, treatment)
- Passport is up to date; Visa(s) (if needed)
- Made copies (paper AND electronic) of your passport and other vital documents
- Shared your itinerary and travel details with family/ partner
- Confirmed your itinerary and arrival with contacts on the ground
- Brushed up on your language skills
- Up-to-date on your destination's current events
- Enrolled in STEP (<https://step.state.gov/>)
- Determined communication plan with family and friends

Optional

- Unlocked your phone and/or downloaded communication apps
- Addressed any reoccurring events/ charges
- International adapter/converter
- Exchanged some local currency and/or withdrawn sufficient cash