

Pre-Trip Safety Checklist

Essential preparations for every traveler — from 3 months out to departure day

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3 MONTHS BEFORE DEPARTURE

Documentation & Legal

- Check passport expiration — must have 6+ months validity at time of travel
- Research visa requirements for your destination country
- Review travel advisories from the US State Department
- Locate the nearest US embassy or consulate at your destination
- Research local laws and customs that could affect travelers

Health & Medical

- Schedule a travel health consultation with your healthcare provider
- Research required vaccinations for your destination
- Get necessary immunizations — some require multiple doses weeks apart
- Refill prescription medications with an extra supply for travel
- Research healthcare facilities and options at your destination

1 MONTH BEFORE DEPARTURE

Travel Planning

- Book accommodations in safe, well-reviewed locations
- Purchase comprehensive travel insurance
- Plan detailed itinerary with backup options
- Research local transportation options and their safety
- Exchange currency or arrange international banking access

Communication Setup

- Set up SafelyArrived — enter emergency contacts and trip details at safelyarrived.com
- Share your complete itinerary with at least two trusted contacts
- Download essential travel apps and test them before departure
- Arrange an international phone or data plan
- Create backup communication methods in case of phone loss

1 WEEK BEFORE DEPARTURE

Final Preparations

- Confirm all reservations — flights, hotels, ground transportation
- Pack emergency contact information in multiple locations
- Charge all electronic devices and pack appropriate chargers
- Download offline maps for your destinations
- Pack a first aid kit with essential medications

Documentation

- Make physical copies of all important documents
- Store digital copies in secure cloud storage
- Email document copies to yourself and emergency contacts
- Pack document copies separately from originals
- Prepare emergency cash in local currency

DAY OF DEPARTURE

Final Checks

- Check in for flights and confirm gate information
- Verify weather conditions at your destination
- Confirm transportation to and from the airport
- Pack carry-on essentials: medications, documents, change of clothes
- Notify your bank of travel plans to prevent card blocks

Safety Setup

- Send a departure message to your emergency contacts
- Activate SafelyArrived — set your expected arrival time and confirm your contacts
- Keep emergency contacts easily accessible — not just on your phone
- Review local emergency numbers for your destination
- Set up a check-in schedule with family or friends back home

ESSENTIAL ITEMS TO PACK

Documents — Carry-On Only

- Valid passport with blank pages for stamps
- Visa or entry permits (if required)
- Travel insurance documents
- Driver's license and/or International Driving Permit
- Medical information and prescriptions
- Emergency contact list with international numbers

Technology & Communication

- Smartphone with international capability
- Portable charger and power bank
- Universal power adapter
- Downloaded offline maps and translation apps

Health & Safety

- Prescription medications in original labeled containers
- Basic first aid supplies
- Hand sanitizer and personal hygiene items
- Sunscreen and insect repellent
- Emergency whistle or personal alarm

Financial

- Credit cards (notify banks of travel dates and destination)
- Debit cards from at least two different banks
- Emergency cash in local currency
- Money belt or hidden wallet
- Backup payment methods

EMERGENCY CONTACT INFORMATION

PRIMARY EMERGENCY CONTACT	SECONDARY EMERGENCY CONTACT
Name: _____	Name: _____
Relationship: _____	Relationship: _____
Phone: _____	Phone: _____
Email: _____	Email: _____
MEDICAL EMERGENCY CONTACT	TRAVEL DETAILS
Doctor/Provider: _____	Departure Date/Time: _____
Phone: _____	Return Date/Time: _____
Medical Conditions: _____	Flight Numbers: _____
Medications: _____	Hotel/Accommodation: _____
Allergies: _____	Local Contact Numbers: _____

Set up your SafelyArrived check-in at safelyarrived.com No app. No download. If you don't check in — your emergency contacts are automatically notified. Be Prepared. Not Scared.

SafelyArrived.com is not a legal services provider. This checklist is provided for informational purposes only. Travel safety requirements vary by destination. Always verify current requirements before travel.