

## TRAVEL DOCUMENTS

- Don't forget to bring your passport and your airline itinerary with ticket number! You will be travelling on E-tickets. After check-in, you will be given your boarding pass and airline ticket for your flight. Boarding passes are essential documents. **DO NOT LOSE THEM.** **DO NOT** put your passport in your suitcase.
- At airport check-ins, you will get a receipt for your checked bag. You are responsible for keeping this receipt in the event your checked luggage is missing upon arrival. **SIMPLE RULE:** Whenever you check your suitcase with the airline, make sure you are given a luggage receipt. This luggage receipt is the only way to track a lost item.
- As a safety measure, also photocopy the front page of your passport and visa. Leave one copy at home, and carry one copy with you separate from your passport. This will be of immense help to you if your documents are lost or stolen. It is also a good idea to have two extra copies of your passport picture in case your passport must be replaced on the trip because of loss.
- Do not take a carry-all travel wallet. Keep passports, traveler's checks, currency and receipts separate. Why make a thief's job easy?

## GENERAL HEALTH

### Medical Attention

In general when people travel internationally they are more vulnerable to sickness. This is, in part, because our immune systems are geared toward the things they are used to domestically and have not adjusted to the different germs they may encounter overseas. This is where the old saying "An ounce of prevention is worth a pound of cure" comes in handy.

The following are recommendations regarding travel in any international city. There should not be great cause for concern since you will travel to large cities; nevertheless it is important to remember the following precautions:

- Do not eat food from roadside stands or vendors. They are not generally subject to the same sanitation standards your system is used to.
- Eat food that is well cooked and is still hot.
- Start hydrated and stay hydrated. Travelers often start out at a hydration deficit because of the dehydrating effects of air travel over long distances. This is part of what causes jet lag. It also causes fatigue which can make you more susceptible to common illnesses. Drink plenty of water on the plane and continue to drink plenty of water throughout each day. Drinking water is better for you than carbonated and caffeinated beverages.
- Get a healthy dose of sleep each night.
- Wash your hands before each meal.

## SAFETY

- Travel in groups of at least 3-5. Stay together and look out for each other.
- Do not talk to a stranger; do not smell or taste unknown goods from a street vendor.