CHECKLIST OF LOGISTICS

DOCTORS:

- Make appointments for medical examinations well in advance, in order to be finished with any series of immunizations a month before departure (if necessary)
- Request copies of important medical records, x-rays or prescriptions
- Know your blood type
- Inquire about gamma globulin shots as a preventative measure against hepatitis
- Arrange to have copies of eyeglass prescriptions
- Make dental appointments well in advance

BANK:

- Arrange with your home bank to mail your monthly statements to you via airmail
- Obtain a supply of local currency
- Purchase traveler’s checks
- Take only those credit cards you expect to use while overseas
- Check with your home bank to see if you can obtain 2 ATM cards, using one as a back-up
- Check with your home bank to see what, if any, cost there might be to use ATM’s overseas

POST OFFICE:

- Complete a change of address card for your local post office and your on-campus post office
- Notify all charge accounts
- Cancel magazine subscriptions or find out what their policies are in regard to forwarding overseas

MISCELLANEOUS:

- Notify all utility companies and make arrangements for billing or discontinuing services
- If you are a member of AAA (American Automobile Association) you may wish to contact them to see about obtaining an international driver’s license
- Naturalization papers can never be replaced, carry copies only
- Be sure to carry with you (do not pack these items in case your luggage gets lost):
  - Passport
  - Copy of insurance policies
  - Medical and dental records
  - Extra passport photos
  - Inventories of personal luggage, items shipped previously, etc.

* Taken from: L. Robert Kohls, Survival Kit for Overseas Living, For Americans Planning to Live and Work Abroad