

# PRE-DEPARTURE CHECKLIST

## Getting Started

- Meet with your academic advisor about course selection and study abroad goals
- Review program budget
- Consult the [Office of Student Financial Aid](#) about applying your financial aid package to your program
- Change your status to “committed” in My Study Abroad
- Complete required questionnaires/materials in My Study Abroad, including Confirmation of Participation
- Attend mandatory pre-departure session(s) for your program
- International students:** visit ISSS about immigration status and documents needed to re-enter the U.S.
- Learn about your host country’s required visas and gather materials, if necessary
- Complete your host institution’s application

## 2-3 Months Prior to Departure

- Secure housing through your program (host family, campus housing, apartment, etc.)
- Register for courses according to your host institution’s instructions
- Complete the [Course Approvals Summary Form](#) (refer to the [Course Approvals page](#) for instructions)
- Apply for a visa, if required, and review your passport and visa for accuracy
- Students with visible or non-visible disabilities:** meet with your [DRES](#) advisor and arrange accommodations
- Consult your physician and International Health Insurance about medications for your time abroad
- Post on the [Study Abroad Housing Board](#) to find a sublessee
- Book a flight to your host country and a return flight (refer to your program calendar for exact dates)

## 1 Month Prior to Departure

- Obtain necessary [vaccines](#), if applicable
- Create a communication plan with [family and friends](#), both for your arrival date and while abroad
- Change/upgrade your cell phone plan and check with your program about options in-country
- Make temporary housing arrangements if housing won’t be available upon your arrival
- Sign up for the U.S. State Department [STEP program](#)

## 1-2 Weeks Prior to Departure

- Create an airport arrival plan, if necessary (some programs will have airport pick-up, others will not)
- Alert your bank of your travel and have multiple forms of payment on hand (upon arrival and while abroad)
- Review International Safety and Security’s [safety and wellness tips](#)
- Print and keep a copy of your [International Insurance](#) card in your wallet
- Stock up on medications, eye contact supplies, etc. that you need while abroad
- Know the electrical outlets/voltage in your host country and acquire relevant adapters
- Pack (refer to suggested packing list)
- Familiarize yourself with [TSA rules](#) and customs procedures for your host country
- Verify your airline’s baggage restrictions/limits and be prepared for overage charges
- Make photocopies of your passport/visa, prescriptions, and flight itineraries

## Day of Departure

- Label your luggage with your contact info and weigh it to make sure it is within the airline’s parameters
- Write down and keep any host country contact numbers with you, in case of travel issues
- Disable any data roaming on your cell phone, if needed, to avoid unexpected usage and charges
- Check your flight status and arrive at the airport at least 2 hours prior to flight departure

*This document may be obtained in alternative formats upon request. Please contact [iage@illinois.edu](mailto:iage@illinois.edu).*