

## GENERAL TRAVEL PREPARATIONS

**TIPS** (courtesy of US DEPT OF STATE, [http://travel.state.gov/travel/tips/tips\\_1232.html](http://travel.state.gov/travel/tips/tips_1232.html))

1. Make sure you have a signed, valid passport and visas, if required. Also, before you go, fill in the emergency information page of your passport!
2. Read the Consular Information Sheets (and Public Announcements or Travel Warnings, if applicable) for the countries you plan to visit.
3. Familiarize yourself with local laws and customs of the countries to which you are traveling. Remember, the U.S. Constitution does not follow you! While in a foreign country, you are subject to its laws.
4. Make 2 copies of your passport identification page. This will facilitate replacement if your passport is lost or stolen. Leave one copy at home with friends or relatives. Carry the other with you in a separate place from your passport.
5. Leave a copy of your itinerary with family or friends at home so that you can be contacted in case of an emergency.
6. Do not leave your luggage unattended in public areas. Do not accept packages from strangers.
7. Prior to your departure, you should register with the nearest U.S. embassy or consulate through the State Department's [travel registration website](#) . Registration will make your presence and whereabouts known in case it is necessary to contact you in an emergency. Remember to leave a detailed itinerary and the numbers or copies of your passport or other citizenship documents with a friend or relative in the United States.
8. To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and do not carry excessive amounts of money or unnecessary credit cards.
9. In order to avoid violating local laws, deal only with authorized agents when you exchange money or purchase art or antiques.
10. If you get into trouble, contact the nearest U.S. embassy.

### PASSPORT

Information can be found at the US DEPARTMENT OF STATE at <http://travel.state.gov/>

**VACCINATIONS** (<http://www.cdc.gov/travel/easteurp.htm#vaccines>)

**Routine Vaccinations** - Check with your healthcare provider: you and your family may need routine as well as recommended vaccinations. Before travel, be sure you and your children are up to date on all routine immunizations according to schedules approved by the Advisory Committee on Immunization Practice (ACIP).

**See your doctor at least 4–6 weeks before your trip to allow time for shots to take effect.** If it is less than 4 weeks before you leave, you should still see your doctor.

**Required Vaccinations – NONE**

### Recommended Vaccinations and Preventive Medications

The following vaccines may be recommended for your travel to Eastern Europe and Northern Asia. Discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

\* Hepatitis A or immune globulin (IG).

\* Hepatitis B, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment.

\* Rabies, if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities.

\* Typhoid, particularly if you are visiting developing countries in this region.

\* As needed, booster doses for tetanus-diphtheria and measles.