## INTERNATIONAL TRIP COUNTDOWN

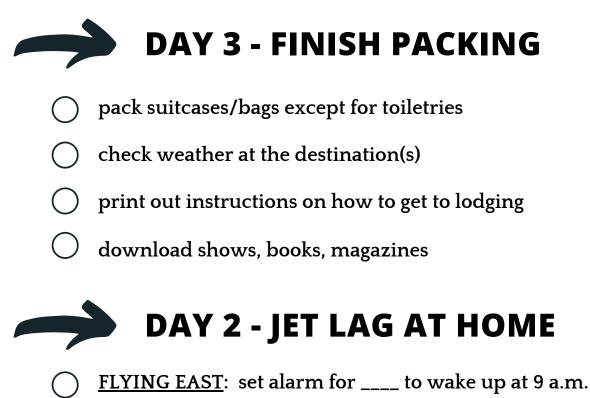
## AT TIME OF BOOKING

- C check if I need to apply for/renew my passport
- Check if I need a travel visa
- Check if I need a travel vaccine
- 🔿 line up any pet/house care

## **2+ WEEKS PRIOR**

- notify bank with ATM cards about trip
- notify credit card company about trip
- ) go to the bank to get some local currency
- add travel plan to cell phone coverage
- ownload maps to cell phone to consult offline
- scan passport and wallet contents, print one copy to take, and leave one copy with someone at home
- notify Post Office to stop deliveries
- ) notify newspapers to stop deliveries

for this trip, I need to buy:

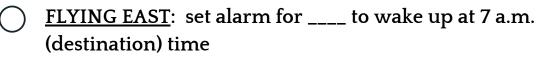


(destination) time



<u>FLYING WEST</u>: stay awake until it is 9 p.m. (destination) time

## DAY 1 - JET LAG AT HOME



) <u>FLYING WEST</u>: stay awake until it is 11 p.m. (destination) time





pack toiletries

put meal replacement bars in carry on