

International Travel Tips

- Register with your home country authorities to let them know of your assignment overseas and lengthy absence.
- When you arrive, register with your home country embassy or consulate in the host country, giving them your new contact details.
- Make copies of your itinerary, passport data/photo page and visas with family/friends at home so they have a copy in case of an emergency.
- Familiarize yourself with local conditions and laws. While in a foreign country, you are subject to its laws. [The State Department website](#) has useful safety and other information about the countries you will visit.
- Be clear in your understanding of your medical coverage with your insurance company.
- Procure an international driver's license.
- Don't be a foreign tourist target – leave a local newspaper in your rental car. Do not wear conspicuous clothing or jewelry and do not carry excessive amounts of money.
- Get to the airport at least two hours prior to ensure as stress-free travel as possible.
- In an emergency: Consular personnel at U.S. Embassies and Consulates abroad are available 24 hours a day, 7 days a week, to provide emergency assistance to U.S. citizens. Contact information for U.S. Embassies and Consulates appears on the [Bureau of Consular Affairs website](#). Also note that the Office of Overseas Citizen Services in the State Department's Bureau of Consular Affairs may be reached for assistance with emergencies at 1-888-407-4747, if calling from the U.S. or Canada, or 202-501-4444, if calling from overseas.