

# INTERNATIONAL TRAVEL CHECK LIST

## 1 PLANNING AND RESEARCH

- **Destination:** Beyond the attractions, study the culture, language, cuisine, traditions, and festivals of the place.
- **Detailed Itinerary:** Set the days, times, places to visit, and any tours. Use apps like Google Maps to optimize your routes.



## 2 DOCUMENTS

- **Passport:** Check the expiration date. Many countries require that your passport be valid for at least six months after the travel date.
- **Visas:** Find if your destination requires a visa and the steps to obtain it.
- **Travel Insurance:** Consider purchasing insurance that covers medical emergencies, flight cancellations, lost luggage, etc.



## 3 HEALTH

- **Vaccines:** Some destinations require specific vaccinations. Consult the country's consulate and your doctor.
- **First Aid Kit:** Include essential medications, band-aids, painkillers, and travel medications.



## 4 MONEY

- **Local Currency:** Carry a reasonable amount of the local currency for small expenses.
- **Cards:** Inform your bank about the trip to avoid blocks and consider an international credit card.



## 5 LUGGAGE

- **Suitcase:** Choose a sturdy suitcase of appropriate size for the duration of your trip.
- **Essential Items:** Pack versatile clothing, chargers, plug adapters, snacks, a water bottle, travel guides, and personal hygiene items.



## 6 CONNECTIONS AND COMMUNICATION

- **Roaming:** Check with your carrier about roaming packages or consider purchasing a local SIM card.
- **Useful Apps:** Install translation apps, offline maps, currency converters, and local guides.



## 7 CULTURE AND ETIQUETTE

- **Language:** Learn basic phrases in the local language or have a phrasebook on hand.
- **Attire:** Research appropriate clothing, especially in religious or traditional places.



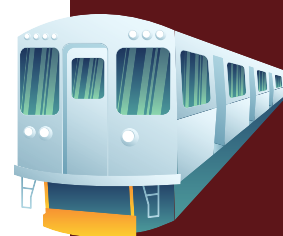
## 8 SECURITY

- **Important Information:** Have copies of essential documents and emergency numbers.
- **Be Mindful of Belongings:** Use a crossbody bag and avoid displaying valuable items.



## 9 TRANSPORT

- **Transporte Público:** Investigue sobre metrô, ônibus e outros meios de transporte local.
- **Aplicativos de Transporte:** Veja se Uber, Lyft ou similares operam na área.



## 10 SUSTENTABILIDADE:

- **Viaje de Forma Responsável:** Respeite a cultura local, não desperdice recursos e considere viajar fora da temporada.

