



travel tips



things to start thinking about for travel prep, packing, and booking flights! your Healium retreat leader will help you out with these, but it's never too early to start thinking about them!

NOW:

- **MAKE SURE YOUR PASSPORT IS VALID FOR AT LEAST 6 MONTHS AFTER YOUR ARRIVAL DATE. THE US CAN DENY RE-ENTRY IF YOUR PASSPORT EXPIRES SHORTLY AFTER YOUR RETURN!**
- **FLIGHT ALERTS: ENTER YOUR TRAVEL DATES AND DEPARTURE / ARRIVAL INFORMATION ON A FREE FLIGHT WATCHER TO START MONITORING FLIGHTS. GOOGLE FLIGHTS IS FREE. AND SOMETIMES CREDIT CARD COMPANIES WILL OFFER THIS SERVICE. CHECK WITH YOUR PROVIDER!**
- **FIND / PURCHASE TRAVEL INSURANCE FOR TRIP PROTECTION, FLIGHT PROTECTION, AND HEALTH INSURANCE.**

6 MONTHS BEFORE TRIP:

- **BOOK YOUR FLIGHT!**
- **CHECK IN TO VISA REQUIREMENTS FOR ARRIVAL LOCATION AND ANY OTHER PLACES YOU PLAN TO TRAVEL WWW.TRAVEL.STATE.GOV. THE HEALIUM RETREAT LEADER WILL HELP YOU WITH THIS.**
- **IF YOUR LOCATION REQUIRES VACCINATIONS OR MEDICATION, SCHEDULE YOUR APPOINTMENT WITH YOUR PROVIDER WWW.CDC.GOV/TRAVEL**

1-2 MONTHS BEFORE TRIP:

- **READ A BOOK, WATCH A FILM, LISTEN TO SOME MUSIC, MAKE A RECIPE FROM THE LOCATION YOU ARE GOING TO VISIT. THIS IS A GREAT WAY TO START TO FAMILIARIZE YOURSELF WITH THE ARTS, CULTURE, AND LANDSCAPES.**
- **START STOCKING UP ON TRAVEL-SIZED ESSENTIALS, SNACKS, AND ANY GEAR YOU MIGHT NEED**
- **MAKE SURE YOUR LUGGAGE IS IN GOOD SHAPE**
- **A PACKING LIST WILL BE PROVIDED BY HEALIUM IN THIS TIMEFRAME!**