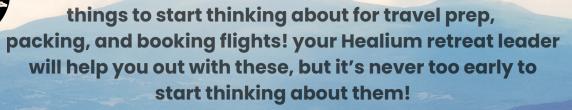
travel tips





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!