

## Travel Tips

Good idea either to photo-copy your driver's license, passport, visas, and credit cards, front and back, before your trip, or scan them and store the images online. In the event your wallet is lost or stolen, you'll have the information you need, including ID and account numbers and contact information., that you'll need to cancel and replace the lost items. A recommend app called Lemon Wallet (lemon.com), scans your IDs and stores them in the Cloud.

Health requirements before entering country, consult Centers for Disease Control and Prevention page: [cdc.gov/globalhealth/visa/visatravel.htm](http://cdc.gov/globalhealth/visa/visatravel.htm).

Lost passport: contact nearest U.S. Embassy or consulate. Fill out Form DS-64. Need to fill out DS-11 to get a new passport application.

### Health Issues:

- Carry a spare prescription
- Keep medication in its original container with the label intact. Always pack in your carry-on.
- Don't consolidate medications in one container to save space, because of security screening.
- Be sure your medication is allowed in the destination country. Check with the foreign embassy of the country you're visiting to make sure your medication isn't considered illegal. List of foreign embassies/ consulates in Department of State's website at [state.gov](http://state.gov).
- Minimize jet lag by staying hydrated before, during, and after the trip. No alcohol. After reaching Japan, continue drinking water, spend time outdoors in the sun if possible, and don't over-eat. Avoid temptation to nap, and go to sleep when the sun goes down.
- Medicine pouch: Oral rehydration solution packets (to treat dehydration and traveler's diarrhea), Tylenol and Motrin, antiseptics, antibiotic, band-aids, tweezers, scissors, eyewash, sunscreen, lip balm.

Be sure to read the travel insurance policy to understand what is, and is not covered.

### Luggage Tips:

- Take only what you need (when in doubt, leave it out).
- Know the weather forecast. Resist temptation to pack something "just in case". Take clothing that washes/ dries easily.
- Buy a sturdy and colorful bag tag.
- Store a copy of itinerary inside the bag, and make sure there's a duplicate name tag inside the bag just in case the outside tag is removed from the bag.

### Credit Cards:

- Take at least two credit cards, just in case one is frozen. To be sure the cards will work in Japan, call your bank at least one business day before you travel. A representative should make a notation on your account, and your card won't shut down.
- Always insist on being billed in the local currency when paying by credit card.