



Are You Ready to Travel Internationally?

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P R E P A R E - P R O T E C T - P R O V I D E

Are *you* ready to travel? Consider the following 10 questions:

1. Are you prepared to deal with lost or stolen luggage – *containing your medication*?
2. **Know the name of the “little orange pill” you’re taking? Who will be responsible for relaying your medical history in a foreign language?**
3. What is the most important phone number to take along when traveling more than 150 miles from home?
4. **What 6 items are required to replace a lost/stolen passport when abroad?**
5. Do your carry-on items cover hunger, thirst, sickness, boredom, medical emergency, and delays for up to 24 hours?
6. **Do you realize that one misfortune while traveling internationally could easily cost you \$75,000 or more?** (Domestic \$10,000-\$35,000)
7. Where is the nearest US Embassy/Consulates General to your destination and what are the *emergency* hours? What days are they *closed*? Is there a *secret knock* and how do you find out?
8. **Seconds count in an emergency – do you know how to get help in a foreign country? (911 doesn’t work!)**
9. Did you realize spouses are not allowed into the Embassy/Consulates General?
10. **What information should you include inside your passport and why does it need to be updated every time you travel?**

A minor setback can quickly turn into a *devastating situation*.

Be a prepared traveler.

Mayo Clinic and Stanford-trained registered nurse and author Anya Clowers is a travel expert working as a liaison between the medical community and the travel industry. As an advocate for the senior traveler, she works with physicians, manufacturers, travel experts, medical organizations, etc. – finding the best solution to situations that occur *daily* to travelers all over the world.

Whether traveling across the city or throughout the world, simple steps of preparation can save your life – literally!

Attend our travel class - pack peace of mind on every trip!

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