

# Checklist for Independent Travel

- Bring your passport, visa & proof that you validated it online, or any other documentation that is required for entry into your destination country.
- Register with the U.S. State Department's [Smart Traveler Enrollment Program](#) (STEP).
- Gather and review basic information regarding destination health, safety, and risk from sources such as the [U.S. State Department](#), [US Department of State Study Abroad](#), [Centers for Disease Control](#), [French Ministry of Foreign affairs](#), [US Embassy France](#), local media or anecdotal information on local crime, safety, health, and dietary considerations.
- Review the basic health & safety issues discussed at orientation including how to protect yourself & your belongings. Check France [travel restrictions](#) and possible Covid issues at your other European destination.
- Know local emergency numbers and how to find local medical services via your insurance provider. Print out your insurance card and bring it with you.
- Know that your study abroad program may have other European centers who can help in case of an emergency.
- Travel with a buddy. If this isn't possible, read these [tips on traveling solo](#).
- Avoid renting cars, ridesharing, or couch surfing, and wear helmets if on a two-wheeler.
- Bring your program emergency numbers with you, your cellphone & charger.
- Add an "ICE" (in case of emergency) number to your cellphone.
- Consider differing points of view concerning gender, politics, and religion.
- Be informed before traveling & know that a smile or a hello doesn't mean the same as on your college campus. Accepting a drink from a stranger may also cause issues.
- Dress appropriately and speak quietly in public places.