



THOMPSON RIVERS UNIVERSITY

Study Abroad Pre-Departure Checklist for Outgoing Students

Documents you need to have:

- Admission Letter from Host University.
- Valid Passport (expiration date should be beyond the planned end date of your trip.).
- Visa for the host country if needed.
- Valid Canadian Visa if you are an International Student (expiration date should be beyond the planned end date of your trip).
- Valid Canadian Study Permit if you are an International Student (expiration date should be beyond the intended time of completion of your travel).
- Health and Travel Insurance certificate and coverage
- Immunization records.
- Copies of all essential travel documents.

Documents you need to fill out:

- Horizons' "[Trip Registration](#)" tab.
- [Focus Point](#) travel registration.
- [Canadian abroad](#) or register with your country of origin.
- Update your contact information at [MYTRU](#)
- [Course Request List](#)

To do:

- Have a solution in advance for what is not included (housing, meals, transportation).
- Have a data coverage plan.
- Confirm travel arrangements and arrival dates/times.
- Take the vaccines you need.
- Consult TRU Counselling for Mental Health tools.
- Set up emergency contact on your phone.
- Check if the medication you take is legal there.
- Carry a first aid kit with painkillers and medicine that can be hard to find at the destination.
- Have emergency numbers and medical Insurance numbers on hand.
- Pack according to any [luggage restrictions](#).
- Confirm bank fees with the bank and credit card issuer.
- Have cash in the local currency.
- Share itinerary details with family (what you will do on arrival, people who you'll be meeting, location of your stay).