

- itinerary and confirmations - keep together in a folder for easy access
- visas and vaccinations - check website for requirements and plan in advance  
<http://travel.state.gov>
- mail delivery - make arrangements for mail delivery in your absence  
<https://holdmail.usps.com/holdmail>
- prescriptions - order refills for amount of time you'll be gone
- notify credit card companies of international travel; make copies of passport and credit cards
- add international plan to your mobile phone
- ship your luggage ahead - if you can't carry on your suitcase  
<http://www.luggagefree.com>

## PLAN YOUR TRIP

- wallpaper guides  
[www.phaidon.com/travel](http://www.phaidon.com/travel)
- knopf mapguide  
[www.amazon.com/Knopf+Guides](http://www.amazon.com/Knopf+Guides)
- lonely planet encounter guides  
<http://shop.lonelyplanet.com>
- make your own travel guides - type out the places you want to go, organizing by neighborhood

## LEARN HOW TO SPEAK THE LANGUAGE

- earworms learning - audio program  
<http://www.earwormslearning.com>  
<http://www.apple.com/itunes>
- lonely planet phrasebooks  
<http://shop.lonelyplanet.com>
- make your own cheat sheet - find translations online for basic words and print out