

# International Travel Health & Safety Planning

## Be Informed

Research country-specific information

- [U.S. Department of State Traveler's Checklist](#)
- [CDC Destinations](#)
- [CDC Pack Smart](#)

Review your college's International Health & Safety webpage

- [Amherst](#)
- [Hampshire](#)
- [Mount Holyoke](#)
- [Smith](#)

[AIG Travel Guard Information](#)

International Travel Waiver:

Required of all students traveling on a college sponsored trip

## Be Prepared

Passport and/or Visa

- Apply or renew in a timely manner
- Make sure it will not expire while out of the country
- Take a copy of the original with you

Health and Wellness

- Ensure you will have access to needed medications and dietary accommodations
- Review your health insurance policy for coverage abroad

Prepare an **Emergency Response Plan** to keep on hand

**US Citizens:** Enroll in [STEP](#)

**International Students:** Research local support through your home country's consulate.

## In an Emergency

### 1. Call AIG **Immediately**

*Within the US:* 1-877-244-6871

(Toll-Free)

*Outside the US:* 1-715-346-0859

(Collect/Reverse Charge)

*Email:* [assistance@aig.com](mailto:assistance@aig.com)

*Policy Number:* 9144090

### 2. Call back to campus police

Let us know you've opened a claim so we can confirm your coverage with AIG

Amherst: 413-542-2291

Hampshire College: 413-559-5424

Mount Holyoke: 413-538-2304

Smith: 413-585-2490