

Traveler's Health: Vaccinations [HE 20.7818:999-2000]

- ❖ <http://wwwn.cdc.gov/travel/contentVaccinations.aspx>

A checklist for travelers: schedule appointment with physician four to six weeks before departure, recommended vaccinations for pregnant or breastfeeding women, children and infants, and immune deficient travelers.

Travelers with Disabilities and Medical Conditions

- ❖ <http://www.tsa.gov/travelers/airtravel/specialneeds/index.shtm>

For disabled travelers and those with medical conditions, the TSA will allow them to carry on board prescription liquids and gels in the name of the passenger, insulin & syringes for diabetics, and life support and life sustaining liquids like bone marrow, blood products, and transplant organs.

Traveling with Children: Important Information on Traveling with Formula, Breast Milk, and Juice

- ❖ <http://www.tsa.gov/travelers/airtravel/children/formula.shtm>

Mothers flying with or without their children may carry breast milk on board a plane in larger quantities than 3 ounces but they must be declared for inspection at the security checkpoint. Breast milk is in the same category as liquid medication. Mothers are encouraged only to carry enough breast milk, juice, or formula to reach their destination.

Traveling with Pets, Importation of Animals and Animal Products into the United States

- ❖ <http://www.cdc.gov/ncidod/dq/animal/index.htm>

Before taking a pet to another country, contact that country's embassy or consulate for information about their entry requirements. Monkeys and other nonhuman primates may not be imported as pets.

Websites of U.S. Embassies, Consulates, and Diplomatic Missions

- ❖ <http://usembassy.state.gov/>

Links to the U.S. embassies, consulates, and diplomatic missions around the world, arranged by region.

Western Hemisphere Travel Initiative

- ❖ http://travel.state.gov/travel/cbpmc/cbpmc_2223.html

Effective June 1, 2009, most U.S. citizens entering the United States from Canada, Mexico, Bermuda, or the Caribbean at the land or sea port of entry will be required to have a valid U.S. passport book or passport card. Effective January 23, 2007, all persons traveling by air between the United States and Canada, Mexico, Bermuda, and the Caribbean islands are required to present a valid passport book to enter or re-enter the United States.

The World Factbook [PREX 3.15: Desk Reference]

- ❖ <https://www.cia.gov/library/publications/the-world-factbook/index.html>

Published by the U.S. Central Intelligence Agency, the World Factbook is an example of basic intelligence. It provides fundamental and factual reference material on a country including geography, population, government, economy, communications, transportation, military, and transnational issues.



Federal Government
Resources for Americans
Traveling Abroad



Selected information on traveling abroad compiled by
Federal Documents Section
Hawaii State Library
478 South King Street
Honolulu, Hawaii 96813-2994
Reference Desk Phone: (808) 586-3477



(Revised 04/2009)

Passport Information

The Federal Documents Section of the Hawaii State Library is a passport acceptance facility.

Application for United States Passport by Mail, Form DS-82

- ❖ http://travel.state.gov/passport/forms/ds82/ds82_843.html

Form with instructions for renewing a passport by mail.

Application for United States Passport, Form DS-11

- ❖ http://travel.state.gov/passport/forms/ds11/ds11_842.html

Form with instructions for obtaining a passport in person by establishing U.S. citizenship and identity.

A Guide to Passport Services at the Hawaii State Library

Instructions for applying for a U.S. passport at the Hawaii State Library, Federal Documents Section, including what documents to bring, fees to be paid, and hours of acceptance.

National Passport Information Center (NPIC).....1-877-487-2778

Passports

- ❖ http://travel.state.gov/passport/passport_1738.html

Provides links to the locations of more than 9,000 passport acceptance agencies throughout the United States, the locations of the 13 regional passport agencies and instructions on how to get a passport or renew a passport.

U.S. Passport Card

- ❖ http://travel.state.gov/passport/ppt_card/ppt_card_3926.html

Beginning February 1, 2008, U.S. citizens may apply for a passport card for land and sea border crossings into Canada, Mexico, Bermuda, and the Caribbean region only. It is not valid for air travel. Air Travel requires a passport book.

VISA Contact Information

2008 Directory Consular Corps of Hawaii, Inc...... (808) 593-1240

c/o Royal Norwegian Consulate
6203 Kawaihae Place / Honolulu, Hawaii 96825

- ❖ <http://www.consularcorpshawaii.org>

Foreign Consular Offices in the United States [S 1.69/2:2006 or R 351.892 U Spring Summer 2006]

- ❖ <http://www.state.gov/s/cpr/rls/fco/>

The locations, telephone numbers and the names of consular officers at foreign consular offices in the United States listed in alphabetical order.

Foreign Entry Requirements [S 1.2:F 76 E/2003]

- ❖ http://travel.state.gov/travel/tips/brochures/brochures_1229.html

Traveler's Health: Planning for Healthy Travel

- ❖ <http://wwwn.cdc.gov/travel/yellowBookCh2-Planning.aspx>

The CDC issues four different types of health notices for international travelers: In the News, Outbreak Notice, Travel Health Precaution, and Travel Health Warning. Travelers should be aware of the differences and take appropriate precautions. Four to six weeks before departure, travelers should make an appointment with their physician to obtain vaccinations and the latest health information on the countries they plan to visit.

Traveler's Health: Protection Against Mosquitoes, Ticks, Fleas and Other Insects and Arthropods [HE 20.7818:999-2000]

- ❖ <http://wwwn.cdc.gov/travel/yellowBookCh2-InsectsArthropods.aspx>

Travelers are advised to minimize their exposure to mosquitoes by avoiding outdoor activities when mosquitoes are more prevalent: dusk, dawn, and evening. They should also wear light colored long sleeve shirts, long pants and hats to minimize exposing areas of the skin. Shirts should be tucked into the pants and pant legs tucked into the socks.

Traveler's Health: Safe Food and Water [HE 20.7818:999-2000]

- ❖ <http://wwwn.cdc.gov/travel/contentSafeFoodWater.aspx>

Cautions travelers that in some places the only beverages safe to drink are tea and coffee made with boiled water, canned or bottled beverages, and beer and wine. Ice should be avoided because it could be made from contaminated water. Fruits and vegetables washed in water should be peeled or avoided. Avoid swimming or wading in ocean or fresh water because it may be contaminated with human sewage.

Traveler's Health: Special Needs Travelers [HE 20.7818:999-2000]

- ❖ <http://wwwn.cdc.gov/travel/contentSpecialNeeds.aspx>

The CDC provides links for disabled travelers, HIV-infected travelers, pregnant women, mothers traveling with breastfeeding infants, parents traveling with children, and couples going abroad for international adoptions.

Traveler's Health: Travelers' Health Kit

- ❖ <http://wwwn.cdc.gov/travel/yellowBookCh2-HealthKit.aspx>

Offers tips for packing a traveler's health kit. The contents of the health kit will depend on the destination, duration of trip, type of travel, and traveler's pre-existing conditions. But the purpose of a health kit is to allow the traveler to take care of minor health problems when they occur and to treat pre-existing medical conditions. There are basic recommended items to include such as anti-diarrheal medication, anti-motion sickness medication, laxative, throat lozenges, aspirin, etc.

Traveler's Health: Traveling with Children: Resources

- ❖ <http://wwwn.cdc.gov/travel/contentChildTravel.aspx>

Diarrhea and gastrointestinal illness are among the most common travel-related problems affecting children. Children can become easily dehydrated when suffering from diarrhea. The best way to avoid waterborne and food borne illnesses in young infants is breastfeeding. There are links to immunization schedules, pregnancy and breastfeeding, and international adoptions.

Advice for preparing to travel abroad: what to pack, what to leave behind, what to be aware of while on the street, in the hotel, on public transportation, or driving in a foreign country. Persons who plan to travel abroad may register with the State Department free of charge and they will be notified of an emergency at home or security alerts in the country where they are visiting.

Tips for Traveling Abroad

- ❖ http://travel.state.gov/travel/tips/tips_1232.html

These are general tips when traveling abroad such as registering with the nearest U.S. embassy or consulate prior to your departure through the State Department's travel registration website, familiarizing yourself with local conditions and laws, and what precautions to take to avoid being a victim of crime.

Top 5 Travel Safety Tips for Students

- ❖ http://www.travel.state.gov/travel/living/studying/studying_3959.html

Lists the top 5 travel tips for students including becoming familiar with local laws and customs, registering with the State Department, and carrying a signed, valid passport. Advises students traveling or studying abroad to avoid reckless behavior such as using illegal drugs or drinking alcohol excessively.

Traveler's Health: Avian Flu Travel Information

- ❖ <http://wwwn.cdc.gov/travel/contentAvianFluInformation.aspx>

The CDC does not restrict travelers from visiting countries where there have been cases of the avian flu but they caution people not to come in contact with live poultry or surfaces contaminated with secretions and excretions of infected birds or prolonged contact with someone visibly ill from the avian flu. Travelers should be current with their vaccinations before they leave on their trip.

Traveler's Health: Destinations [HE 20.7818:999-2000]

- ❖ <http://wwwn.cdc.gov/travel/destinationList.aspx>

Links to health advisories for people traveling abroad are divided by geographic region. Tips include recommended vaccinations, diseases found in the traveler's destination, other health risks like motor vehicle accidents, things you should bring on your trip such as insect repellent, sunscreen, hat, and long-sleeve shirt, and precautions you should take to stay healthy like avoiding food sold by street vendors, and what you should do after you return home like continue taking medication to prevent malaria if you visited a malaria risk region.

Traveler's Health: Diseases Related to Travel [HE 20.7818:999-2000]

- ❖ <http://wwwn.cdc.gov/travel/contentDiseases.aspx>

Links to information about specific diseases that can affect travelers. For example, in the case of malaria, the CDC explains the cause, occurrence (where in the world it is most prevalent), the risk for travelers, symptoms, steps travelers can take to prevent contracting the disease, and treatment after contracting the disease. Diseases listed range from altitude illness to the plague.

Traveler's Health: Illness and Injury Abroad [HE 20.7818:999-2000]

- ❖ <http://wwwn.cdc.gov/travel/contentIllnessInjuryAbroad.aspx>

If an American becomes ill abroad, a U.S. consular officer can assist in locating medical services and notifying family and friends. But it is the responsibility of the traveler to pay for the cost of medical services and if need be, medical evacuation.

Listing of foreign entry requirements for Americans traveling abroad for business or as tourists, but not for those planning to immigrate to a foreign country. Listed by country in alphabetical order.

Foreign Destination Information and Traveler Tips

311 for Carry-ons

- ❖ <http://www.tsa.gov/311/311-carry-ons.shtm>

Travelers may carry liquids, gels, and aerosols in their carry-on bag by following the 3-1-1 rule. All liquids, gels and aerosols with the exception of liquid medication and breast milk, must be in 3-ounce containers. They then should be placed in a single quart-size clear plastic zip-top bag. Each traveler must remove their zip-top bag from their carry-on and place it in a bin or on the conveyor belt for X-ray screening at the security checkpoint.

Background Notes on the Countries of the World [S 1.123]

- ❖ <http://www.state.gov/r/pa/ei/bgn/>

Profiles of specific countries including geography, population, languages spoken, government, economy, history, and travel and business information.

Bringing Agricultural Products into the United States, 09/14/2004

- ❖ http://www.cbp.gov/xp/cgov/travel/clearing/agri_prod_inus.xml

All travelers entering the United States must declare any fruits, vegetables, or animals. Permits must be obtained in advance before live animals, soil, minerals, shells, vaccines, cultures, and antibodies can enter the United States.

Country Specific Information

- ❖ http://travel.state.gov/travel/cis_pa_tw/cis/cis_1765.html

Links to individual country web pages where users will find a description of the country, location of the United States embassy, entry and exit requirements, safety and security issues and medical facilities information. Some of the more popular destinations with their links and travel guide call number locations are listed below:

Australia

http://travel.state.gov/travel/cis_pa_tw/cis/cis_954.html
H 919.4 (Hawaii & Pacific)

Canada

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1082.html
917.1 (Language, Literature & History)

Caribbean Region

http://travel.state.gov/travel/cbpmc/cbpmc_3256.html
917.29 (Language, Literature & History)

China

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1089.html
915.1 (Language, Literature & History)

France and Monaco

http://travel.state.gov/travel/cis_pa_tw/cis/cis_1116.html
914.4 (Language, Literature & History)

Germany	http://travel.state.gov/travel/cis_pa_tw/cis/cis_1123.html 914.3 (Language, Literature & History)
India	http://travel.state.gov/travel/cis_pa_tw/cis/cis_1139.html 915.4 (Language, Literature & History)
Italy	http://travel.state.gov/travel/cis_pa_tw/cis/cis_1146.html 914.5 (Language, Literature & History)
Japan	http://travel.state.gov/travel/cis_pa_tw/cis/cis_1148.html 915.2 (Language, Literature & History)
Korea	http://travel.state.gov/travel/cis_pa_tw/cis/cis_1018.html 915.19 (Language, Literature & History)
Mexico	http://travel.state.gov/travel/cis_pa_tw/cis/cis_970.html 917.2 (Language, Literature & History)
New Zealand	http://travel.state.gov/travel/cis_pa_tw/cis/cis_984.html H 919.31 (Hawaii & Pacific)
Philippines	http://travel.state.gov/travel/cis_pa_tw/cis/cis_999.html 915.99 (Language, Literature & History)
Spain and Andorra	http://travel.state.gov/travel/cis_pa_tw/cis/cis_1024.html 914.6 (Language, Literature & History)
United Kingdom and Gibraltar	http://travel.state.gov/travel/cis_pa_tw/cis/cis_1052.html 914.2 (Language, Literature & History)

Current Travel Alerts

- ❖ http://travel.state.gov/travel/cis_pa_tw/pa/pa_1766.html

Travel alerts are issued for specific countries to disseminate information quickly about terrorist threats and other short-term conditions that may disrupt travel plans of Americans.

Current Travel Warnings

- ❖ http://travel.state.gov/travel/cis_pa_tw/tw/tw_1764.html

Travel warnings are issued for specific countries to describe long-term, protracted conditions that make traveling there potentially dangerous. They are also issued when the U.S. government is not able to assist its citizens because of a closure of an embassy or consulate and the drawdown of its staff.

DHS Traveler Redress Inquiry Program (DHS TRIP)

- ❖ <http://www.tsa.gov/travelers/customer/redress/index.shtm>

DHS TRIP is a single point of contact for travelers who have questions or need resolution when experiencing difficulty during the screening process at airports or

train stations. They have been denied boarding or been delayed boarding or been continuously subjected to additional screening.

Key Travel Tips

- ❖ http://www.tsa.gov/travelers/airtravel/assistant/editorial_1254.shtm

Things travelers can do before they go to the airport and at the airport to decrease the wait time at the security checkpoint. For example, place valuables such as jewelry, cash and laptop computers in your carry-on baggage only. Place all undeveloped film in your carry-on because screening equipment for checked in baggage will damage film. Do not pack wrapped gifts or bring wrapped gifts to the security checkpoint; TSA may unwrap them for inspection.

Know Before You Go [HS 4.102:C 96/2006]

- ❖ <http://www.cbp.gov/linkhandler/cgov/newsroom/publications/travel/knownbeforeyougo.ctt/knowbeforeyougo.pdf>

The Customs and Border Protection Agency advises that every American traveling abroad should know the regulations for leaving and returning to the U.S. before they depart. This 60-page brochure explains what items are prohibited from entering the United States, which ones have restrictions, what items are duty-free and which ones are not. For example, if you don't want to pay duty on a laptop computer that you bought in the United States but was made in Japan and that you brought with you on your trip, you would be advised to register it with the CBP before you leave.

Permitted & Prohibited Items [HS 4.302:P 42]

- ❖ <http://www.tsa.gov/travelers/airtravel/prohibited/permitted-prohibited-items.shtm>

The latest security rules advising travelers on what can and cannot be carried on board an aircraft. For example, 3-oz. bottles of shampoo, lotions, hair styling gels, and deodorants placed in a see through plastic zip-top bag are permitted in carry-on luggage. Electronic devices like camcorders, cameras, PDA's, laptop computers, cell phones, and pagers are also permitted in carry-on luggage. Sharp objects such as knives, box cutters, sabers, ice picks, and razors are prohibited in carry-on luggage but may be checked in. Items that cannot be checked in or carried on board include explosives, flammable items, and disabling chemicals like tear gas.

Portals to the World

- ❖ <http://www.loc.gov/rr/international/portals.html>

Links to electronic authoritative sources from around the world arranged by country or region. Selected by area specialists from the Library of Congress. Topics covered include a country's history, geography, recreation and travel, government, politics and law, culture, and language and literature.

Ready, Set...Go!

- ❖ http://www.cbp.gov/xp/cgov/travel/vacation/ready_set_go/

Document requirements for persons traveling outside the United States by air, land, or sea. The Western Hemisphere Initiative has changed document requirements for people traveling between the United States, Canada, Mexico, Bermuda, and the Caribbean region.

A Safe Trip Abroad

- ❖ http://travel.state.gov/travel/tips/safety/safety_1747.html