

Traveler Pre-Trip Reference Checklist

International SOS (ISOS) provides medical and security services for travelers while abroad. Call ISOS for worldwide medical, security, travel and emergency services. In extreme instances, ISOS can even arrange to have you evacuated. Plus, you'll receive assistance with other issues such as referrals to the US Embassy, lost items of importance (e.g. passport) and language and communications translations. When in doubt, if you need assistance while abroad call ISOS. They also accept collect calls, so please keep that in mind if you find yourself in a situation without the financial means to call ISOS.

Please remember the following pre-trip requirements and tips:

- Ensure your ISOS MyTrips Profile is complete and the data is current.
- Ensure your travel itinerary is on your ISOS MyTrips Profile.
- Download the ISOS APP to have on-the-go access and updates for your destination.
- If traveling abroad, bring a Pocket Reference Card, which has the Texas State University membership number and ISOS contact telephone numbers.
- ISOS will send pre-trip information to you regarding your itinerary (as long as you have it on your MyTrips Profile). This can be very useful information when traveling regardless of the destination (abroad or domestically).
- Watch for ALERTS and what to expect if a situation occurs at your destination. With the ISOS APP, you'll receive these on your phone rather than just via email.
- Access an overview of ISOS on the [Foreign Travel](#) webpage and then click on [Travel Assistance & Foreign Travel Insurance](#) to find detailed instructions on the following:
 - MyTrips User Guide
 - Pocket Reference Card (for international travel)
 - Quick Reference Procedures
 - ISOS Training Presentation
 - FAQs – Forwarding Itinerary Confirmation Email to ISOS
 - Assistance App Video
 - Membership Summary Video
 - Safety Tips on the Road Video
 - Foreign Medical Claims
- If traveling domestically, call 911 or your medical provider in the event of an emergency. You will not call ISOS for domestic issues, but you can still receive alerts regarding the travel destination.
- Also, you can forward any domestic or foreign personal trip data to ISOS at no charge to receive the pre-trip information and any travel ALERTS during your trip.
 - **Note: If taking a personal trip abroad, you may seek ISOS assistance, but will have to pay personally for any services rendered.**