

OU UWC SCHOLARS

PRE-TRAVEL

TIPS & HINTS

- Dental and vision healthcare is typically not included in US health insurance policies nor is it included in healthcare provided at general practice clinics, including OU's Goddard Health Services. **We strongly advise students visit the dentist, ophthalmologist/optometrist (eye doctor), and any specialists for treatments, exams, and procedures the summer before arriving to OU.** These services can be very expensive for uninsured patients in the US.
- Ensure your phone is unlocked and compatible with US cellular and mobile phone networks. Some brands of phones work but are not well supported in the US.
- Double check on visa interview scheduling wait-times at the US embassy in your home country and/or where you UWC is located. Some US embassies are very busy and have long wait-times even for student visas.
- If you are able to purchase tracking bluetooth tags (AirTag, Tile, Eufy, or Samsung) for your checked luggage, these can prevent lost luggage and speed up the process to locate lost or delayed luggage.
- Please arrive to your departing airport at minimum three hours before departure.** For international flights, many airlines and airports have cut-off times as early as 2 hours pre-departure for check in and baggage drop off. If you don't arrive early enough, you may be prevented from checking your baggage and/or boarding your flight.

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PACKING

TIPS & HINTS

Oklahoma weather is somewhat unpredictable, but there are four seasons! You can always easily purchase things you need online or in the nearby shopping areas. Here are some recommended items to pack:

Clothing:

- winter coat & gloves
- scarf and/or hat
- Rain jacket or light jacket
- jeans and shorts/skirts
- shoes (dress shoes and walking/athletic shoes)
- formal outfit or cultural clothing
- t-shirts/ polo shirts/ dress shirts
- PJs

Other items:

- medications
(if you need specific or prescription medication)
- extra pair of glasses
- family photos
- bath towel
- toiletries

Regarding Electronics:

In the US the electricity voltage is 110v, versus nearly everywhere else that uses 220v. However, most of your major electronics---laptop, mobile phone, tablet, should already be equipped to handle the power conversion. **So a new plug adapter is all you'll need.**

These can be found easily in the US online or in stores.

You can double check by looking at the fine print on the "conversion box" with your laptop power cord for example. It will usually say "100-240v 50-60 Hz" and then you know it will work! Mobile phones won't have this on them, but typically they also can handle both 110v/220v.

The only electronics that are risky are things like hair dryers, hair straighteners, alarm clocks etc. but there are inexpensive ones in the US for purchase, so you can leave those at home!

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TRAVEL

TIPS & HINTS

-Be aware of the layout of your connecting airports. Many international airports are large, have multiple and/or separate terminals.

-Be aware that when you arrive in the US, you will go through US immigration and then have to pick up your checked baggage to take it through US customs by hand. You will then recheck your baggage, go through TSA security and on to your flights in the US.

-Also upon arrival to the US, you must not have any fresh food on you or in your luggage. Fruit, seeds, vegetables, plants and any fresh meat or animal products are prohibited. You will have the opportunity to dispose of it before going through immigration.

-Please check online with the airlines for baggage allowances, documents needed and other travel information. Typical baggage allowances for intercontinental flights is 1 checked bag (23 kg.), 1 carry-on bag and a personal item (usually backpack size). Please double check with your airline for specific policies.

-You should have your passport, US visa, travel itinerary, boarding passes, SEVIS Receipt, I-20, and copies of your OU acceptance letter and OU scholarship letter on your person at all times during travel. Do not check these in your baggage.

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