Before you travel:
1. Fill out the International Travel Registry (ITR): https://travelregistry.cornell.edu
2. Provide traveling plans and contact information to advisor and an emergency contact (for international and domestic traveling).
3. Get an emergency medical insurance. Cornell provides UHC Global: https://global.cornell.edu/students/travel-info
4. Make a local emergency plan. You should include information such as location and main point of contact in an emergency, nearest hospital or medical provider, local emergency number, police information, embassy information, etc. Also familiarize yourself with the legal and emergency assistance systems in the countries you are visiting - U.S. embassy websites for each country typically have good information on this.
5. If desired, also register your travel with the U.S. State Department (https://step.state.gov/step/) in order to receive travel alerts and warnings.

Emergency and assault protocols:

1. Get help and ensure your safety.
   - Take yourself and/or others to immediate safety. Follow the local emergency plan that you or your leader made.
   - Find medical support if needed. If possible call the local emergency number (911 in the USA). If you need medical advice call UHC Global (1 410 453 6330). After you are safe contact Cornell Police (607 255 1111).
   - Find counseling support if needed. Gannett Health Service (607 255 52 55), Victim Advocate (607 255 1212), the University Ombudsman (607-255-4321), and Ithaca Advocacy Center (607 277 5000) provide confidential support.
     o NOTE: Most Cornell staff, faculty, and student employees are not confidential support, as they have to consult with the appropriate university officials if they become aware of incidents of sexual harassment, assault, or violence.
   - Contact US embassy if traveling internationally
   - Contact the Office of the Judicial Administrator (Title IX deputy coordinator): 607 255 4680 or juadmin@cornell.edu
   - Contact Cornell University Police: 607 255 1111