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# [Health and Safety Tips for Traveling Abroad for your Italy vacation](#)

If you have even a passing interest in the topic of Italy Vacations, then you should take a look at the following information. This enlightening article presents some of the latest news on the subject of Italy Vacations.

When traveling abroad for your Italian vacation there are some tips that you should be aware of. First of all you must familiarize yourself with all the locations you will be visiting. Read as much as possible about the cities and towns you plan on visiting. If you are taking a vacation off the beaten path in Italy it is best to try to limit yourself to places that friends or families have recommended especially if this is your first time out of the country.

The US Department of State strongly suggests that you register your travel before you leave. This applies to your vacation to Italy. Registering your travel will allow you to be contacted by family members and friends in case of an emergency. This is also especially important in case of a crisis in the country that you may be visiting. The Office of Overseas Citizens Services maintains a database of registered Americans out of the country so that you can be contacted if necessary. It is also strongly recommended that you leave a copy of your travel itinerary and copy of your passport photo page with a relative in the US before you leave for your vacation in Italy.

It's really a good idea to probe a little deeper into the subject of Italy Vacations. What you learn may give you the confidence you need to venture into new areas.

Many countries have regulations as to what can be brought in or taken out of the country with regards to food, pets, medications and other items. You will need to check the website of the Italian embassy for an updated list before you leave for your vacation to Italy. You may visit their website at [www.ambwashingtondc.esteri.it](http://www.ambwashingtondc.esteri.it)

Many people planning a vacation to Italy may be concerned about what they can do if they get sick. Remember your US health insurance will be useless abroad and if you decide to have yourself evacuated back here for medical treatment it could cost you about \$50,000. It is good to know that there are several insurance companies that provide insurance for short term travel abroad. This will probably suffice for your Italy vacation and will provide you with the peace of mind you need to enjoy your travel. Such policies are usually offered through travel agents so that may be a good place to start if you are interested in this type of coverage. At the very least you should be able to get information on what to do at the US embassy in Italy if you need to during a health emergency. They keep updated lists of doctors and hospitals in Italy. If you have a pre-existing condition be sure to carry a letter from your doctor describing your condition and history as well as any advice he may be able to provide Italian doctors if you should find yourself in such a situation. Your doctor's letter should also include a description of any medications you are on as well as the generic names of your medications.

Many people going on a visit to Italy will be glad to know that there are no specific vaccinations required for your Italy vacation but be sure to check on the embassy's website in case anything has changed before you leave.

About the Author

By Anders Eriksson, feel free to visit his soon to be top ranked Perpetual20 training site: [Perpetual 20](#)

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