

Before you even consider packing take a look at these tasks you need to do!

1) Get jobs

Which ones do you need? How early do you need to get them? Check www.nathnac.org/travel for details

Packing Essentials

- Passport - valid for at least six months beyond return date
- Insurance
- Flight tickets
- Bus / coach tickets / passes
- Visas
- Immunisation record - with details of all the jabs you've had
- Diary
- Address Book
- All emergency numbers
- Passport photos (min of six)
- Pens
- Glasses/contact lenses
- Prescriptions
- Medications
- Photocopies of documents
- Sunglasses
- Identity cards - student + other)
- Discount cards

General

Make photocopies of the following; give one of each to your parents, a friend and take a set with you.

- Drivers licence
- Embassy Addresses
- Serial number of tickets
- International Drivers Licence
- Glasses/contact lens prescription
- Passport number and date issued
- Serial numbers of travellers cheques
- Serial numbers on valuables
- Youth Hostel card / other membership
- All insurance & emergency numbers

- Credit card numbers (do not make copies of)
List of useful phone numbers
 - British Consulate
 - Insurance company
 - Credit card
- Driving licence

First Aid

- Medical kit
- Sterile kit
- Dental kit
- Sachets of re-hydrate
- Wound closure strips
- Paracetamol
- Antibiotic cream
- Anti-diarrhoea medicine
- Anti-fungal foot powder
- Motion sickness medication
- Throat lozenges
- Vitamins
- Sharp ended tweezers
- Medic Alert identification
- Pointed scissors
- Water purification tablets
- Thermometer
- Bite clicker
- DEET repellent
- Electronic repellent

Security

- Money belt
- Combination padlocks
- Wrapsafe
- Whistle and /or rape alarm
- Mobile phone

2) Get insurance

Make sure it covers everything. Get European Health Insurance Card for free. Go to www.ehic.org.uk

3) Check local laws and customs

Find out country travel advice from Foreign and Commonwealth Office. Check www.fco.gov.uk/travel

4) Money, money, money

Sort out access to emergency money

5) Is your passport valid?!

It might need to be valid for longer than your trip. Do you need a visa?

6) Copy passport + docs

Take copy with you, leave a copy with your friends and family at home

Money

- Pre-paid card
- Different forms of currency - take a mixture of means to pay your way

Useful Gadgets

- Penknife
- Small torch
- Head torch
- Spare batteries
- Knife/fork/spoon set
- Inflatable neck pillow
- Compass

Clothes

- Lightweight long sleeved shirt
- Travel trousers
- Moisture management shirt
- Sun hat / cap
- Travel sandals
- Trekking shoes
- Mac-in-a-sac
- Poncho
- Underwear
- Shorts
- Belt
- T Shirts
- Swimming gear
- Cotton shirts
- Jeans
- Long sleeved T Shirts
- Sweater
- Sarong

- Woolly hat
- Scarf and gloves
- Thermal undies

Paperwork

- Books
- Phrasebook
- Address book
- Telephone card
- Job reference letter

Washbag

- Washbag with hook
- Travel towel
- Tooth brush guard
- Universal sink plug
- Peg free clothes line
- Travel clothes wash
- Travel toothbrush
- Toothpaste
- Suncream
- Shampoo
- Conditioner
- Shaving stuff
- Sewing Kit
- Ear plugs
- Condoms - with UK Kitemark
- Tissues
- Lip balm
- Safety pins
- Flannel
- Female sanitary
- Brush
- Deodorant
- Toilet paper
- Wet Wipes

- Dental floss
- Moisturiser
- Nail clippers

Night

- Sleeping bag
- Sleeping sheet
- Mosquito net

Day to Day

- Backpack - but no more than 65L
- Day pack
- Large plastic bag - to line inside of rucksack

Other Useful Items

- Re-sealable bags
- Large black bin bag
- Ball of string
- Water bottle
- Duct tape - for fixing tears, hanging mosquito nets etc.
- Travel adapter

Consider Leaving

Half the clothes you intended to take!
Attractive items such as iPods or Laptops