



Preparing to travel	One?
Renew/ check passport	0
Obtain relevant visas	0
Ensure you have recommended vaccinations	0
Purchase travel insurance	0
Print off documents	0
Check-in online with airline	0
Check flight times	0
Check baggage weight	0
Personalise luggage	0
Change money	0
Notify your bank that you are travelling to avoid having cards declined	0
Make a note of numbers to call to cancel cards	0
Check local weather/news in destination	0
Email a copy of all documents to yourself in case of theft	0

Documents	Ready?	Packed?
Passport	0	0
Extra passport photos	0	0
Vaccination certificates	0	0
Driver's license	0	0
Discount cards	0	0
Hostel/hotel reservations and contact information	0	0
Travel insurance documents	0	0
Travel itinerary and reservations	0	0
Tickets (flight/boat/bus)	0	0
Photocopies of documents/ID/tickets	0	0
Emergency contact info	0	0

Money	Ready?	Packed?
Sterling (for use in the airport)	0	0
Foreign currency	0	0
Emergency cash (US\$100)	0	0
Credit card	0	0
Debit card	0	0
Pre-paid currency card	0	0
Wallet	0	0
Money belt (that can be concealed beneath clothes)	0	0

Ready?	Packed?
0	n/a
0	n/a
0	0
	Ready?

Clothes	Ready?	Packed?
Jumper/fleece	0	0
Jeans/trousers	0	0
Shorts	0	0
Skirts/dresses	0	0
Shirts (strappy/polo/t-shirts/casual/smart)	0	0
Raincoat	0	0
Bras	0	0
Underwear	0	0
Socks (thin and thermal)	0	0
Pyjamas	0	0
Thermal underwear	0	0

Swimwear	Ready?	Packed?
Swimming shorts/swimsuit/bikini	0	0
Sarong	0	0

Shoes	Ready?	Packed?
Flip flops/sandals	0	0
Trainers	0	0
Walking boots	0	0
Smart shoes	0	0

Accessories	Ready?	Packed?
Sunglasses/case/strap	0	0
Watch	0	0
Belt	0	0
Scarf	0	0
Gloves	0	0
Hat	0	0
Travel towel	0	0
Small umbrella	0	0

Sleeping	Ready?	Packed?
Sleeping bag	0	0
Sleeping bag liner	0	0





Toiletries	Ready?	Packed?
Toiletry bag	0	0
Skin care/lotion	0	0
Make-up	0	0
Toothbrush/toothpaste	0	0
Tissues	0	0
Feminine hygiene items	0	0
Deodorant	0	0
Hair brush/comb	0	0
Shampoo/conditioner	0	0
Soap/cleansers	0	0
Cotton buds	0	0
Tweezers	0	0
Baby wipes	0	0
Shaving gel/foam	0	0
Razor/electric shaver	0	0
Nail clippers/file	0	0
Wash cloth	0	0
Dental floss	0	0
Perfume/aftershave	0	0
Make-up remover	0	0

Healthcare	Ready?	Packed?
Painkillers	0	0
Prescription medication	0	0
First aid kit	0	0
Sterile needle kit	0	0
Diarrhoea medicine	0	0
Rehydration sachets (e.g. Dioralyte)	0	0
Anti-malarial medication	0	0
Contraception (pill/condoms)	0	0
Lip balm	0	0
Sun cream	0	0
After-sun	0	0
Cold/flu medicine	0	0
Vitamins	0	0
Hand sanitiser	0	0
Insect repellent	0	0
Antiseptic cream	0	0
Plasters	0	0
Water purifier (e.g. lodine)	0	0

Electronics and gadgets	Ready?	Packed?
Travel adaptors	0	0
Mobile phone and charger	0	0
Camera and charger	0	0
SD cards	0	0
Rechargeable batteries	0	0
Laptop/tablet and charger	0	0
External battery charger	0	0
USB cables	0	0
iPod	0	0
Travel alarm	0	0
Head torch	0	0
Torch	0	0
Extra batteries	0	0
Binoculars	0	0
Travel hairdryer	0	0
E-reader	0	0

Other	Ready?	Packed?
Waterproof stuff sacks (for holding gadgets and small items)	0	0
Knife/fork/spork	0	0
Portable door lock	0	0
Extra backpack fasteners	0	0
Sewing kit	0	0
Plastic bags/black sacks	0	0
Packing cubes	0	0
Ear plugs	0	
Pocket knife/multi-tool	0	0
Pens	0	0
Pack of cards	0	0
Travel games	0	0
Travel sweets	0	0
Chewing gum	0	
Books	0	0
Phrase books	0	0
Guide books	0	0
Water bottle/platypus	0	0
Universal travel sink plug	0	0
Bungee rope (to act as clothes line or to attach things to backpack)	0	0
Travel pillow	0	0
Padlocks (combination rather than key)	0	0
Journal	0	0
Compass	0	0
Duct tape	0	0
Energy bars	0	0
Travel wash	0	0