



Essentials

- Passport (check for six months validity from return date)
- Modern, light weight suitcase or bag with combination TSA approved lock
- Paper or notebook
- Photocopy of passport personal details page and other important documents (stored separately)
- Paper copy of key contacts and phone numbers at home
- Pen
- E-tickets and itinerary (airline, train, hotels etc)
- Visa documents (as required)
- 2 x spare passport photos

Finances

- Calculator or currency converter
- Small cash notes in the currency of your arrival destination
- Credit card or cash passport/debit card
- Money belt
- Travel insurance policy and PDS

Clothing

- T-shirts
- Dresses
- Jeans
- Jumper, sweater, or fleece Jacket
- Long sleeve/dress shirts
- Pants/trousers
- Pyjamas/sleepwear
- Sandals/thongs
- Shoes/sneakers
- Shorts
- Skirts
- Underwear and socks
- Swimmers
- Raincoat or poncho Scarf

Toiletries

- Toothbrush and toothpaste
- Dental floss
- Deodorant

- Fingernail clippers/file
- Hair products (gel, spray etc.)
- Moisturiser
- Razors
- Shampoo and conditioner
- Shaving cream/gel
- Soap Sunscreen
- Lip balm
- Make-up
- Cotton buds

Personal first aid kit

- Band-Aids
- Tissues
- Medication and a copy of valid prescription(s)
- Diarrhoea tablets
- Insect repellent
- Paracetamol
- Replacement/rehydration salts sachets
- Small scissors (packed in checked luggage)
- Tweezers (packed in checked luggage)
- Water purifying tablets

Other items

- Mobile phone and charger
- Camera, memory cards and battery charger
- Electrical adapter and plug converter Books
- Earplugs and eye mask
- Refillable water bottle
- Small torch and batteries
- Guidebooks
- Inflatable travel pillow
- International driving licence
- Laptop/tablet with charging cord
- Laundry detergent (small travel size)
- Phrase book
- Spare plastic bags
- Luggage rain cover
- Sleep sheet/sleeping bag if required
- Towel (quick dry).