

TRAVEL ESSENTIALS CHECKLIST



When travelling overseas, it is imperative to be prepared and to carry with you the items essential to making your journey run smoothly and safely.

Although all itineraries are different, at a minimum, the items in the checklist below should be included for all journeys.

Documents

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|---|---|---|
| <input type="checkbox"/> Travel Insurance | <input type="checkbox"/> Passport | <input type="checkbox"/> Emergency Contacts List |
| <input type="checkbox"/> Flight Tickets | <input type="checkbox"/> Visa (if applicable) | <input type="checkbox"/> Car Hire Details (if applicable) |
| <input type="checkbox"/> Accommodation Details | <input type="checkbox"/> Foreign Currency | <input type="checkbox"/> Debit/Credit Cards |
| <input type="checkbox"/> Drivers Licence | <input type="checkbox"/> Maps | <input type="checkbox"/> Photocopies (kept separate) |
| <input type="checkbox"/> Yellow Fever Certificate (if applicable) | | |

Safety

- | | | |
|---|--|---|
| <input type="checkbox"/> Torch | <input type="checkbox"/> Spare Batteries | <input type="checkbox"/> Mobile Phone & Charger |
| <input type="checkbox"/> Portable Radio | <input type="checkbox"/> Whistle | <input type="checkbox"/> Panic Alarm |
| <input type="checkbox"/> Portable Smoke Alarm | <input type="checkbox"/> Plug Adapter | <input type="checkbox"/> Cheap Watch (with alarm) |
| <input type="checkbox"/> Bag Padlocks | <input type="checkbox"/> Money Belt | <input type="checkbox"/> Pen & Paper |

Medical

- | | | |
|---|---|---|
| <input type="checkbox"/> Plasters & Bandages | <input type="checkbox"/> Antiseptic Cream | <input type="checkbox"/> Personal Hygiene Products |
| <input type="checkbox"/> Hand Cleansing Gel | <input type="checkbox"/> Vaccinations | <input type="checkbox"/> Antimalarials (if applicable) |
| <input type="checkbox"/> Sun Cream | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Insect Repellent (if applicable) |
| <input type="checkbox"/> Rehydration Products | <input type="checkbox"/> Paracetamol | <input type="checkbox"/> Diarrhoea Tablets |

Personal Items
