

TRAVEL CHECKLIST

Before you go

See BBC or Wikipedia page on country
Tom-Tom or maps

Health before you go

MASTA health report for country
Vaccinations spaced apart
Malaria precautions
Malarone pills, avoid Lariam.
Mosquito net, repellents,
Long sleeve shirt, socks, shoes for evenings.
Medikit of general remedies, eg. Imodium,
Sinex, Strepsils, paracetamol, plasters,
senna, lip balm.

Documents

Passport (in date by 6 months with
minimum 2 blank visa pages)
Driving Licence.
Entry Visa, apply 6 weeks ahead
Letters of invitation if needed.
E111 card for Europe
Travel Ins with £5m medical cover
Tickets
Written permission of any absent 2nd parent.
Currency to live with and give with
Debit/credit cards
Card cancellation plan if lost.
Contact numbers/addresses if you get lost
Photocopies of all the above.
Copy to Internet storage.
Language pocket dictionary/phrase book.
Carry all originals in hand baggage
or on person.

Arrangements

Lift, coach or taxi to airport
Or airport parking
Meeting place for team
Meeting/Collection at destination
Or research transport to destination.
Accommodation address at destination.
Return collection or journey home.
Open Hotmail or similar for communications.

Hand Baggage

Neck pillow in hand baggage for flight
Eye shades
DVT socks if needed.
Prescription pills
Indigestion/paracetamol tablets
Mobile phone or PDA + charger
MP3 or Ipod with earphones + charger
Camera + extra memory card
Film + battery if old style camera

Hand Baggage continued . .

Book or two to read
Diary, notebook, journal.
Toiletries, brush, comb for en-route.
Chewing gum, mints etc.
If low-cost airline - sandwiches

Packing

Travel as light as possible

Lightweight soft bag, rucksack
or wheeled case
Bag padlocks or chains for India.
Labels and something for ID at airport.
Appropriate clothes for temperature.
Coat for return to UK.
Hand washing liquid
Camping clothes line
Sun hat
Toiletries.
Spare spectacles in suitcase
Sunglasses or clip-ons
Plug adaptor for country
Travel kettle + tea+milk powder
Preaching/teaching notes
Photos or postcards of your town to
show people.
Writing pad and pens.
Travel alarm to catch 3am flights !
Swiss knife + Nail clippers in suitcase
Laptop if needed, with security.
Lightweight gifts from home.
Make an inventory in case of any
insurance claim.

Before you leave

Leave expensive watches at home.
Organise pet care at home.
Tell someone where you are going.
Tell your bank/credit card company
where you are spending.
Secure your house/car before leaving.
Leave spare key with neighbour/friend.
Cancel milk, papers, maybe post.
Have you made or updated a will ?



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