

TRAVEL ITEMS

The below is a good starting point if travelling for 2 or more weeks overseas. Some items relate to different weather types (winter in particular)

- Backpack
- Locks (for bags)
- Flashlight / torch (phone can be used)
- Sunglasses
- Headphones (x2)
- Reusable water bottle
- Face masks
- Hat / cap
- Rain jacket
- Skirts / t-shirts (at least 5)
- Underwear (at least 6)
- Swimwear (unless travelling in winter)
- Runners (1 pair)
- Laundry / clothes bag
- Day pack
- Toiletries
- Gloves
- Power Outlet adapted
- Powerpack
- Pens (essential)
- Ear plugs (for sleeping)
- Fleece top / sweater
- Jeans / long pants
- Soaks (at least 6 pairs)
- Sleepwear
- Hiking Boots (1 pair – not essential)
- Flip-flops
- Travel Medical Kit

Travel Medical Kit Inclusions

- Lip balm
- Aspirin, Ibuprofen, band aids
- Rehydration products
- Insect repellent
- Antibacterial gel/wipes
- Gastro & Anti-diarrhea medicine
- Motion sickness medication
- Antihistamine
- Hand sanitisers
- High protection sunscreen
- Hand sanitisers
- Any prescribed medicines

OTHER CONSIDERATIONS

Documents – Have a physical and digital copy of passport, flight bookings, travel insurance details and tour vouchers

Entertainment – Bring reading and writing materials, cards, download music and shows / movies / podcasts

Money – Ensure access to money via two channels (2 x ATM cards keep separate). Have local currency before arrival if possible. Have back up currency (US dollars or Euros worth at least \$400AUD). Let your Financial Institutions know what countries you are visiting before leaving.

Clothes - Take at least 2 days worth of spare clothes (tops, underwear) on plane in case checked bag is delayed or you need to change clothes on plane.

Internet Access – consider getting a eSIM (before travel) if visiting multiple countries or a local SIM (on arrival) if only visiting one country (or multi-countries if in the Eurozone)

Navigation – Download offline maps (I use MAPS.ME)

Travel Apps – Consider what you might need on the road could include; Uber, TripAdvisor, Culture Trip, a VPN, Airlines App etc).

Emergency Contact – ensure your nominated contact has your itinerary preferably with hotels (if known)