

Planning Guide Checklist

What to pack for your elective:

We have tried to cover every eventuality but remember it is always a good idea to ask your elective provider about what to take.

Hand Luggage (Travel bag)

- | | | | |
|--------------------------|---|--------------------------|--|
| <input type="checkbox"/> | Passport | <input type="checkbox"/> | Watch |
| <input type="checkbox"/> | Visa | <input type="checkbox"/> | Glasses, contact lenses (+spares) |
| <input type="checkbox"/> | Travel Tickets | <input type="checkbox"/> | Sunglasses |
| <input type="checkbox"/> | Wallet | <input type="checkbox"/> | Pens |
| <input type="checkbox"/> | Immunisation Record | <input type="checkbox"/> | Travel Insurance |
| <input type="checkbox"/> | Identity Cards (student cards etc) | <input type="checkbox"/> | Passport photos (minimum of 6) |
| <input type="checkbox"/> | All emergency numbers and
elective contact information | <input type="checkbox"/> | Medication/prescriptions
(and relevant documentation to allow travel) |

MAIN LUGGAGE

Gadgets

- ipod/mp3/Cd Player
- Camera (digital)
- Mobile phone
- Relevant chargers
- Travel adapters
- Torch
- Spare batteries
- Head torch
- Compass

Clothing - General

- Underwear
- Socks
- Swimming things
- Belt
- Smart work clothes
- Smart going out clothes
- Smart shoes
- Walking Boots
- Jeans

Clothing - Hot Climate

- Sarong
- Shorts
- Cotton shirts (short and long sleeved)
- Mac in a Sac
- Sun Hat
- T- shirts
- Trousers
- Skirts
- Sun Dress
- Sandals

Clothing - Cold Climate

- Warm waterproof coat
- Scarf, hat and gloves
- Thermal underwear (long johns etc)
- Jumpers
- Trousers
- Shirts
- T - Shirts
- Skirts
- Winter dress
- Warm boots

Toiletries

- | | | | |
|--------------------------|-------------------------|--------------------------|---------------------------|
| <input type="checkbox"/> | Wash bag | <input type="checkbox"/> | Lip balm |
| <input type="checkbox"/> | Travel towel | <input type="checkbox"/> | Nail clippers |
| <input type="checkbox"/> | Tooth brush | <input type="checkbox"/> | Deodorant |
| <input type="checkbox"/> | Sun cream and after sun | <input type="checkbox"/> | Condoms |
| <input type="checkbox"/> | Ear plugs | <input type="checkbox"/> | Moisturisers |
| <input type="checkbox"/> | Flannel | <input type="checkbox"/> | Female sanitary products |
| <input type="checkbox"/> | Shampoo | <input type="checkbox"/> | Contact lenses and spares |
| <input type="checkbox"/> | Conditioner | <input type="checkbox"/> | Shaving kit |

First Aid

- | | | | |
|--------------------------|----------------------------|--------------------------|-----------------------|
| <input type="checkbox"/> | Plasters | <input type="checkbox"/> | Tweezers |
| <input type="checkbox"/> | Paracetamol | <input type="checkbox"/> | Scissors |
| <input type="checkbox"/> | Antibiotic cream | <input type="checkbox"/> | Thermometer |
| <input type="checkbox"/> | Anti fungal foot powder | <input type="checkbox"/> | Sachets of re hydrate |
| <input type="checkbox"/> | Motion sickness medication | <input type="checkbox"/> | Sterilising kit |
| <input type="checkbox"/> | Throat lozenges | <input type="checkbox"/> | Insect repellent |
| <input type="checkbox"/> | Vitamins | <input type="checkbox"/> | Mosquito net |

Documentation

- | | | | |
|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | Drivers Licence | <input type="checkbox"/> | Job reference letter (if required) |
| <input type="checkbox"/> | Embassy contact details | <input type="checkbox"/> | Photocopies of all documentation |
| <input type="checkbox"/> | Serial number of tickets | <input type="checkbox"/> | Relevant discount cards |
| <input type="checkbox"/> | Passport number and issue date | <input type="checkbox"/> | Details of any prescriptions |
| <input type="checkbox"/> | Serial numbers of travellers cheques | <input type="checkbox"/> | International drivers licence |
| <input type="checkbox"/> | Insurance details and emergency contacts | <input type="checkbox"/> | Personal address book & contact details |
| <input type="checkbox"/> | Phrase books | <input type="checkbox"/> | Diary/journal |

Security

- Personal alarm
- Money Belt
- Padlocks

For work

- ID Badge
- Handbooks
- Medical phrasebook (for translations)
- Pocket torch and pens
- Stethoscope
- White coat - just in case

Other

- | | | | |
|--------------------------|----------------------------------|--------------------------|---------------------|
| <input type="checkbox"/> | Family photos | <input type="checkbox"/> | Backpack |
| <input type="checkbox"/> | Books | <input type="checkbox"/> | Daypack |
| <input type="checkbox"/> | Phrase books | <input type="checkbox"/> | Universal sink plug |
| <input type="checkbox"/> | Telephone card | <input type="checkbox"/> | Sewing kit |
| <input type="checkbox"/> | Large black bin bag | <input type="checkbox"/> | Safety pins |
| <input type="checkbox"/> | Re-sealable plastic bags | <input type="checkbox"/> | Toilet paper |
| <input type="checkbox"/> | String | <input type="checkbox"/> | Wet-wipes |
| <input type="checkbox"/> | Balloons and pens (for children) | <input type="checkbox"/> | Nail clippers |
| <input type="checkbox"/> | Sleeping bag | <input type="checkbox"/> | Travel wash |
| <input type="checkbox"/> | Sleeping inner sheet | <input type="checkbox"/> | Medical kit |