

# Exclusive resource



## To Do

- Pick your destination
- Check the destination is safe
- Sort out the visas
- Get travel vaccinations
- Check Covid-19 requirements
- Book flights
- Book accommodation
- Book car rental
- Book experiences & tours
- Learn the local culture & language

## To Pack (carry-on)

- Wallet
- Passport
- Documents
- Cash & cards
- Phone
- Laptop or tablet
- Kindle or book
- Headphones
- Portable charger & cables
- Snacks and water
- Travel pillow
- Sleeping mask
- Earplugs
- Warm jumper
- Scarf - doubles up as a blanket
- Comfortable shoes and socks
- Compression socks or tights
- Toothbrush, toothpaste
- Hairbrush
- Deodorant
- Sun cream, moisturiser
- Lip balm
- Vitamin C
- Spare contact lenses, prescription glasses
- Sunglasses
- Spare underwear
- A change of clothes

## To Pack (toiletries)

- Toothbrush, toothpaste, floss
- Deodorant
- Perfume, cologne
- Face cream, eye cream
- Makeup
- Makeup remover
- Hairbrush, hair bands, bobby pins
- Shampoo and conditioner
- Soap
- Shaving kit with extra razors
- Scissors, nail clippers, nail files, tweezers
- Sunburn relief
- Insect repellent
- Suncream
- Eyedrops
- Hair products
- Sewing kit
- Contact lenses and solution, prescription glasses
- Facewash
- Feminine hygiene products
- Personal hygiene items
- Prescribed medication
- Copy of your prescription
- First aid kit
- Over the counter pain relief
- Thermometer
- Allergy medicines
- Laxative, diarrhoea, stomach cramp medicines



## Final pre-departure checks

- Transport to and from airport
- Share itinerary with family
- Tell your bank
- Weigh your luggage
- Empty your fridge
- Arrange for child/pet care