

# What to pack for your overseas trip

## Pre-booked tickets

Whether you have it digitally or as a print-out, keep all your pre-booked tickets in one place

- Plane tickets
- Transport tickets (airport shuttles, bus, train, ferry, etc.)
- Event tickets

## Wallet

Make sure you've written down your card details in case it gets stolen or lost. Though, make sure you keep these details safe! You may not always have secure internet when travelling.

- Cash in the relevant currency
- Debit/credit cards
- ID/driver's license

## Electronics

Fully charge your phone before you leave the house. Earphones are going to make long flights more bearable.

- Phone / phone charger
- Earphones
- Power adapter
- Portable power bank

## Appropriate clothing

Appropriate clothing means different things to different cultures. Perhaps you're going to somewhere wild, where clothing should be tough and easily laundered. Or, maybe you're travelling somewhere exotic, but requires you dress conservatively due to cultural expectations.

A good rule-of-thumb is to pack clothing items that work for multiple outfits – and choose items that you can layer!

- Underwear
- Tops
- Pants
- Jackets/jumpers/cardigans
- Swimmers
- Socks
- Hat

## Essential documents

You're not going anywhere without these!

- Passport
- Visas
- Detailed information about your travel insurance policy
- Notepad and pens

## Medical

Make sure your medicine is legal in the country you're visiting. If required, carry a doctor's note with you when you go through airport security.

- Medication
- Doctor's notes

## Toiletries

The bare minimum you should have with you. Some optional extras include sunscreen, wet wipes, hand sanitiser, shampoo bar, dental floss, lip balm, nail clippers, Band-Aids, anti-bacterial cream, insect repellent and sanitary products.

- Toothbrush / toothpaste
- Soap
- Deodorant
- Small towel
- Pain relievers

## High-quality, comfortable shoes

Crucial for staying mobile with a busy itinerary. The last things you want are blisters and your shoes falling apart.

- Sneakers/shoes for everyday
- Comfortable slip-ons or flip-flops

## Backpack

Lugging a suitcase around limits your ability to stay mobile. This is less of a problem with a good backpack.

- A secure, comfortable day bag
- Padlock (for your suitcase)

## Miscellaneous

Optional extras that will make your trip more comfortable.

- Water bottle
- Books/e-books
- Plastic bag/zip lock bags (for dirty laundry, wet clothes, etc.)

