

# PRE-TRAVEL CHECKLIST

## TO PURCHASE / RESERVE

- Tickets
- Travel Insurance
- Currency / Travel card
- Accommodation
- Tours/Activities

## TO PLAN

- Passport
- Visas
- Immunisations
- Overseas mobile plan
- Inform your bank
- House / Pet sitter

## TO PRINT OUT

- Itinerary
- Flight / Transport details
- Accommodation details
- Emergency contacts
- Passport
- Personal ID
- Prescriptions

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## KEEPING YOUR VALUABLES SAFE

- Use locks on your bags
- Use luggage seals as proof of bag tampering
- Use RFID blocking cards / passport holders
- Use a money belt
- Use the wrist strap on your wallet / camera
- Be alert and aware of your surroundings
- Never leave your bag unattended

## TIPS FOR PREVENTING JETLAG

- Prior to travelling, try to adjust your internal clock by shifting your sleeping and eating times to that of your destination
- Stay hydrated by drinking at least 200mls of water every hour you're in the air
- Try to avoid overeating, caffeine and alcohol
- Try to sleep during your flights
- Exposure to the sun will help reset your body clock
- Be sure to check the dosage of your sleeping pill to ensure you are not drowsy when you land

## MOBILE PHONE TIPS

- Contact your provider for overseas rates
- Download travel guide apps eg. TripAdvisor
- Download free wi-fi apps
- Download maps of your destinations
- Keep a copy of important documents and ID
- Use protective / waterproof phone case
- Keep your phone charged up with a power bank

## GENERAL TIPS

- Find out what the weather will be
- Find out what the unsafe places are
- Get permission from your employer
- Use packing cubes to keep your clothes organised and protected
- Use compression bags to save space
- Remember to adjust the time on your watch / phone
- Make sure your toiletries and locks are TSA approved

## KEEPING HEALTHY

- Wear compression socks to prevent deep vein thrombosis
- Stay hydrated and well rested
- Vitamin C helps build up your immune system to new germs

## PLANE TIPS

- Chewing gum helps to prevent ear pain caused from air pressure

