



THINGS TO DO BEFORE THE TRIP

Change email to out of office
Drop off pets
Hold mail from post office
Pay bills
Mow Lawn
remove perishables from fridge
Take out garbage
Book Travel insurance
Ensure passport/Visa is current



PACKING ~ TOILETRIES

Contact Case, solution, spare contacts
Glasses, glasses case, spare pair
Toothbrush, toothpaste, mouthwash
Face cleaner / cream
Hair brush / comb
Hair spray / gel
Makeup
Shaving tools, cream



PACKING ~ CLOTHING

Accessories / Jewelery
Belts
Business clothes
Casual clothes
Pyjamas
Socks / undergarments
Shoes (business & casual)
Jumper / Jacket



PACKING ~ HEALTH

Prescription Medicine
Pain relief medicine
Band aids
Vitamins
Sunscreen
Sunglasses



PAPERWORK TO BRING

Passport (make 2 copies of ID)
Travellers cheques / Card
Foreign currency
Itinerary / Map
Numbers & Addresses to Embassy, Hospitals etc.
Insurance Policy



PACKING ~ OTHER STUFF

Camera charger, memory
Mobile, charger
Music player, charger
Adaptor for local power sockets
Cash / cards
Dirty clothes bag
Pens / writing paper / notebook
Umbrella
Books / Magazines