



# PACKING CHECKLIST

**BEFORE YOU START PACKING YOUR SUITCASE MAKE SURE YOU HAVE ORGANISED THE FOLLOWING:**

- Travel Insurance** – a travel essential. The first thing you should organise once your trip is confirmed. Take a copy of the documentation with you, especially any relevant policy numbers and emergency telephone numbers
- Passport** – check the expiry date (as a general rule it should be valid for least 6 months after your return date) and that you have several blank pages left
- Visa(s)** – if required
- Check your luggage allowance, especially if you are taking any internal flights or sea planes
- Book Airport parking or a taxi if required
- Leave a copy of your itinerary and contact numbers with family or friends
- Contact your credit and debit card companies to tell them that you are going abroad
- Cancel the milk/newspapers...

## YOUR HAND LUGGAGE

- Essential medication (with a doctor's note if liquid and over 100ml)
- Noise reducing headphones
- A pen for completing immigration forms
- Inflatable pillow
- Any visa documentation



🚩 Be prepared for requests by airport security to turn on/off any electronic devices

## MEDICATIONS AND HEALTH

- Sunscreen
- Mosquito repellent and ointment for bites/stings
- Painkillers
- Waterproof plasters and antiseptic cream
- Nausea and diarrhoea remedies
- Any prescription/allergy/asthma medications you need with you
- Earplugs (good for flights and also for sleeping through very early morning wildlife noises or muezzins..)
- Wet wipes and/or antibacterial gel
- Tissues
- Tweezers & nail file
- Spare pair of glasses



## GADGETS

- Mobile phone (ensure your phone is unlocked if you want to use a local SIM card while away)
- Camera
- Extra memory card
- MP3 player w/headphones and charger
- Charger(s)
- Spare batteries
- Plug adapter (don't wait to buy one at the airport where prices are much higher)
- Sunglasses
- Pocket binoculars for birdwatching
- Mini torch
- Swim goggles
- Books or E-Reader
- Phrasebook or language App



## TOILETRIES

- Hairbrush
- Deodorant
- Toothbrush, toothpaste
- Moisturiser, cosmetics
- Shaving kit
- Contact lenses and solution
- Laundry soap (for hand washing)
- Cooling face spray and/or fan



🚩 Liquid toiletries have a knack of expanding during flights so pack in a plastic bag within your washbag to avoid leakages spoiling the rest of the contents.

## CHECKED-IN OR NOT...?

- Any liquids over 100ml need to go in your checked-in luggage. Similarly any sharp objects
- Carry all valuables in your hand luggage

## NON ESSENTIALS

- Most hotels will provide shampoo and shower gel so it's not usually necessary to take more than a small travel bottle with you.
- Underwater camera



## CLOTHES

This is not an exhaustive list but rather a few items you might not think of. Do check the forecast or give us a call if you need advice about the likely weather conditions.

- Long sleeved top and light trousers in breathable fabrics for covering up in the evening, especially at dusk
- Comfortable clothes and shoes suitable for any activities you are going to do eg cycling, walking, trekking
- Sandals and/or flip flops
- A pair of socks to save your feet from hot stone floors at temples where you need to remove your shoes
- Sarong or light shawl – endlessly useful: for covering the head, legs or shoulders at religious sites; for wearing whilst swimming or drying yourself after an impromptu dip; beachwear; for sitting on; to protect you from the sun and as a light extra layer if it turns chilly
- Light waterproof
- A small umbrella (useful for shade as well as rain protection)
- Sun hat
- Swimwear (including Rash vest/UV top for kids)



## IMPORTANT DOCUMENTS

- ETG Travel wallet and luggage tags
- Travel insurance documents
- Passport (plus a photocopy, or email yourself a scanned copy)
- E-tickets
- Visas if necessary (if you're getting a Visa on Arrival make sure you have passport photo(s) and cash to pay if required)
- Cash



🚩 Make a note of any internet passwords for sites that you might need to access while you are away or useful telephone numbers (eg for Airport Parking or your local taxi number)