

# TRAVEL CHECKLIST



THERE AND BACK NL

What is useful to take with you when you travel? What do you really need and what can you leave at home? And what should you keep in mind in your preparation?

This list will help you organize and take everything into account before you leave.

*Enjoy the journey, it will be an unforgettable experience!*

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## WHAT TO DO BEFORE TRAVELING

- » Make sure you have valid health insurance and check whether the coverage is sufficient for your trip
- » Request an additional debit card (if needed) and make sure it's available worldwide
- » Make an overview with your document numbers (passport/debit card/credit card/healthcare card/other insurance) for those staying at home in case of emergency
- » Check whether you need a visa for your destination country (+ request one). Use for instance [this website](#).
- » Check which vaccinations you need
- » Request an international driver's license (if required)
- » Download useful apps like:
  - Your bank's app
  - Google Maps and Maps.me (+ download offline maps)
  - Booking.com, Hostelworld, Airbnb and Hotels.com for hotels
  - Rome2Rio for bus and travel routes
  - Netflix/NPO/other streaming service to download and watch series and/or movies
  - Spotify for downloading and listening music
  - Google translate (+ download different languages)
  - Uber
  - Polarsteps for when you want to record your journey
- » Create a WhatsApp group with yourself or your travel companion and only put important documents in it such as a copy of your passport / vaccinations, tickets etc.
- » Make sure to book at least one night at a hotel before arrival. Customs might ask for this



## DOCUMENTS

- » Passport
  - Keep in mind that your passport must be valid for at least 6 months before departure.
- » Copies of Passport
- » Debit card (set to worldwide) and/or
- » Credit card (if possible from another bank/provider)
- » Health insurance card
- » Vaccination booklet/proof
  - COVID-19 vaccination certificate. Also check whether you need a PCR test to enter the country or what entry restrictions there are
- » International driving license
- » Number of passport photos (for visa, if required)
- » Drivers license



## CLOTHING

If you are going for several weeks, bring clothes for about 8 days. You can wash or have your clothes washed on site.

- » Underwear
- » Swimwear
- » Socks
- » T-shirts (and vests)
- » Short and long pants (possibly a skirt or dress)
- » Walking leggings/shorts
- » Nightwear
- Vest or sweater
- » Raincoat/poncho
- » 2 pairs of (hiking/trail) shoes
- » Pair of flip flops
- » Scarf or beanie (a thin scarf can also serve as a blanket in a cold bus/shawl)
- » Thermal clothing (if needed)
- » Mouth masks (due to Covid regulation)
- » Cap



## TOILETS

- » Toothbrush/Toothpaste
- » Soap bars (shampoo and shower gel)
- » Sun block
- » Deet
- » Deodorant
- » Hairbrush
- » Makeup
- » General Body Cream
- » Band aids
- » Ointment gauze with bandage and tape
- » O.R.S.
- » Medication/parecetamol/ibuprofen
- » A few packs of tissues
- » Flosser (can also serve as rope to fasten things/clothesline)
- » Women's hygiene (menstrual cup with soap/tampons/sanitary pads)



## OTHER

- » Backpack (get advice from a specialized store)
- » Daypack (+rain cover if needed)
- » Flight bag for over your backpack
- » Packing cubes (Ikea or online)
- » Travel Towel
- » Travel sheet
- » Linen / canvas bag for groceries or a day at the beach
- » Extra bag for the dirty laundry
- » Pencils/pencils and scissors pencil case
- » Puzzle books/games/cards/notebook
- » Travel Guide (Lonely Planet)
- » Extra wallet with some money and invalid cards that can be stolen
- » Camera/drone/tripod with batteries and memory cards
- » Phone, Charger and Earbuds/Headphones
- » E-reader
- » World plug (Skross has a nice one with USB connections as well)
- » Power bank (20,000 mAh recommended)
- » Tyraps/tape/rope
- » Pocket knife
- » Lock(s) to fasten or keep the bag closed
- » dry bag
- » Waterproof phone case that floats with cord
- » Sunglasses
- » Headlamp with batteries
- » Pair of loose plastic bags for wet/dirty clothes or shoes



## TIPS FOR PACKING YOUR BAG

- » If you fly to your destination with checked baggage, also take some clothes with you in your hand baggage in case your luggage is unexpectedly lost. If you are going with two people, you can divide your clothes over the bags so that you have something of both in both bags. If you lose 1 bag, you still have the other.
- » Always put your most important documents (passport / debit card) in the same safe place in your bag.
- » Distribute cash and various bank cards in your bags. If you lose one bag, you still have your other bag.
- » Are there items that you will use less quickly, put them at the bottom of your bag.

