

YOUR PACKING CHECKLIST

3 Weeks To Go

- Arrange any required prescriptions if necessary
- Exchange some money into the local currency
- Check that your passport & documents e.g. acceptance letters, insurance are up-to-date and valid
- Notify your bank about your travel plans
- Make sure that you've gone to any necessary appointments such as the doctor, dentist, etc.



2 Weeks To Go

- Finalize your travel plans e.g. flight tickets, book covid tests if required, taxi to the airport etc.
- Make photocopies and digital copies of your documents
- Check your medication & healthcare essentials



YOUR PACKING CHECKLIST

1 Week To Go

- Start packing non-essential clothes & shoes (items that you won't be wearing before you leave)
- Make sure that your luggage doesn't exceed the weight limits
- Add your host schools or universities contact details to your phone



1-3 Days To Go

- Start packing essential clothes & shoes
- Download a VPN (if coming to China)
- Pack some snacks
- Share travel details with close family or friends
- Make sure that your emergency contact details are up-to-date

Departure Day

- Double-check that you have all of your documents and copies
- Have a pleasant journey!

YOUR PACKING CHECKLIST

Carry-On Bags

- Electronics & chargers
- Headphones
- Passport & documents
- Copies of your documents
- Neck pillow
- Extra clothes e.g. fuzzy socks, a light hoodie
- A snack or two
- Wallet with enough cash and bank card(s)
- A book
- Glasses or contact lenses



YOUR PACKING CHECKLIST

Checked Luggage

Toiletries:

- Small bottles of shampoo, conditioner, soap
- Deodorant, sunscreen
- Menstrual products
- Contact lenses

Clothes:

- Coat
- Underwear & socks
- T-Shirts & shirts
- Dresses
- Hoodies & jackets
- Trousers & jeans
- Shorts & skirts
- Trainers, other shoes

