

# beTravelwise

## TRAVEL WISE COURSE CHECKLISTS

This fold up leaflet provides checklists related to the course you have just completed. Some are to help your preparation, some for use on the ground - it can also act as a paper back up of your important emergency numbers.

It is important to read up about your destination, so you understand the history, culture and people you'll be living with, which will help reduce the chance of experiencing 'culture shock'. This research will help you understand the travel risks you may face and how to mitigate them, which in turn will increase your confidence.

The more preparation you do before travel the better, however as a minimum:

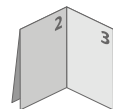
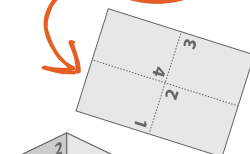
- Check whether there are any travel restrictions by your government
- Check the health risks
- Check your passport expiry date and any visa requirements
- Check the safest mode of transport (taxi vs public transport)
- Budget for trip and understand payment methods
- Have the following contact details:
  - University details (yours and host)
  - Accommodation
  - Assistance/ Insurance
  - Local Embassy/ consulate

Remember, further resources are available at:  
[www.betravelwise.com/resources](http://www.betravelwise.com/resources)

Safe travels from the beTravelwise team.



Keep me handy!



Print on two sides

## Packing List

Use discreet, secure bags that don't advertise the contents. Try to take as little as possible, it will make it easier to move about and you have less to lose.

Bring clothing, accessories/jewellery and IT equipment that makes you blend in and doesn't look expensive. Avoid clothing with political/religious/activist slogans.

Main Bag	Check	Everyday/Grab bag	Check
Clothes suitable for: <ul style="list-style-type: none"><li>• local culture</li><li>• different seasons</li></ul>	Phone charger	Emergency phone charger (powerbank) or spare battery	
Wash kit	Laptop and charger		
First Aid kit (see next page)	Yellow Fever certificate	Important paperwork	
Prescription drugs (main supply)	Prescription drugs (for 48 hours)	Spare glasses/contact lenses	
Door wedge		Flashlight / torch	
Some locations: Sun cream, hat, sun glasses	Emergency cash	Personal alarm	
Adaptor		Emergency contact card	
Padlock for shared accommodation			
If relevant: Insect repellent (preferably 50% DEET)			

Carry your wallet, passport, phone and emergency contact card securely on your person - put in grab bag at night.  
Female students are advised to carry a shawl/pashmina, in case you need to cover your hair or shoulders to show respect to the local culture.

## Health

Ensure you have routine medical and dental check-ups prior to travel, including routine vaccinations (preventable conditions such as tetanus and measles affect far more people globally than exotic diseases). Your doctor can advise if pre-existing conditions, pregnancy or your general health may expose you to additional travel risk. Take prescription drugs in original packaging and with a copy of your prescription, repeat prescription or doctor's letter. Take enough to cover emergencies as well. It is worth noting that counterfeit drugs are a problem in many parts of the world.  
If you have a mental health issue you MUST speak to your medical professional prior to travel.

Suggested First Aid Kit			
Item	Purpose		
Painkillers	Fever or temporary relief of minor and moderate pain		
Anti-diarrhoea tablets	Try to use only in an emergency for acute non-specific diarrhoea		
Rehydration salts*	To replenish salts when suffering diarrhoea		
Alcohol wipes	Disinfecting wounds		
Plasters	Stops bleeding and keeps wound clean. Various shapes and sizes		
Sterile latex gloves	To prevent infecting or being infected when treating wounds		
Antifungal cream	For issues such as athlete's foot or thrush.		
Antiseptic cream	To prevent wound infection and relieve skin complaints		
Sterf-strips	To close wounds		
Cripe bandages	For sprains		
Micropore tape	To secure bandages, blisters		
Antihistamine tablets	For allergic reactions e.g. hayfever, insect bites		
Tweezers	For removing splinters		

Vaccination			
Tetanus		Have	Need
Polio			
Diphtheria			
TB/BCG			
Hepatitis A			
Hepatitis E			
Influenza			
Typhoid			
Yellow Fever			
Certificate:			
Japanese Encephalitis			
Hepatitis B			
Rabies			
Cholera			

**Personal Medical Information:**

Allergies (e.g. Penicillin):

Chronic Diseases (e.g. Diabetes):

If appropriate wear your alert bracelet or at least have this information on your person in case you are unavailable to communicate.

Also consider dependent upon destination:

- Sexual health
- Antimalarial tablets
- Dental emergency kit
- Sterile surgical kit
- Mouth ulcer gel
- Cold sore cream
- Thermometer

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### Vehicle Checks

1. Tyres
2. Seatbelts
3. Locks
4. Windows
5. (Taxi) meter, licence
6. Driver
  - Sober
  - Speaks language
  - Knows destination



#### Advisory:

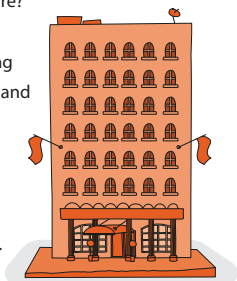
Avoid 2 or 3 wheeled transport and if you have no other option ensure you wear proper safety equipment. If local script is different, ask a local to write down key locations for you to show a driver if required.

If travelling to a remote or high risk location:

- Who is aware of your journey? Can you check in with someone?
- Do you have breakdown or emergency procedures?
- Are there alternative routes?

### Accommodation Checks

1. Can you easily access public transport (buses, trains etc) from where you are living or do you have to walk a long way.
2. Is the entrance to the accommodation well lit and secure? Is there help at hand or nearby?
3. Check your room door locks, ideally with a deadlock and peephole.
4. Are there smoke and fire detectors/alarms?
5. Is there a safe or locker, does it work and is it secure?
6. Read the fire safety plan. Walk route to exit.
7. If your room is on a corridor, count the doors along route (in case of poor visibility), check exit opens and is clear beyond.
8. Deadlock door when in room, if no deadlock use a door wedge.
9. Secure valuables in safe or locker with a padlock.
10. If not expecting anyone do not answer your door.



### Documents:

- Passport ☐
- Visa/pre-travel authorisation ☐
- Insurance ☐
- Tickets ☐
- Reservations ☐
- Guidebook ☐
- Copy of docs ☐
- Scans of docs ☐
- If required:
  - Yellow Fever Cert. ☐
  - Driving License ☐

Other:

1. ....
2. ....

### Health:

Check ups:

- Medical ☐
- Routine vaccinations ☐
- Dental ☐
- Eyes ☐
- Trip specific:
  - Vaccinations ☐
  - Antimalarials ☐
  - Yellow Fever ☐
  - Prescription drugs ☐
  - Repeat prescription ☐
  - Spare glasses/contact lenses ☐

Any other personal factors:

1. ....
2. ....

### Journey Management:

- Trip details recorded with:
  - University ☐
  - Family ☐
- Dependent upon location: ☐
  - Assistance/security

Do you need to actively check in?

If yes, to who:

Frequency e.g. daily

When (at what time?)

Phone number:

### Country and Culture: Research > Behaviour

1. Country background
  - 1. Country background: read government and other advisories to understand more about your destination, especially on your first trip there.
2. Social unrest
  - 2. Social unrest: Are there any upcoming elections or political disputes which will disrupt your trip.
3. Culture
  - 3. Culture: Will there be language issues. Are they sensitive dates such as Ramadan and public holidays? Are local customs for women different to your home? Are LGBTQ travellers protected by law?

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### Finance:

- Credit cards ☐
- Cash ☐
  - do you have enough for the trip?
  - do you have discreet storage?
  - do you need local or hard currency?

Emergency source ☐  
(hidden spare card or cash)

Travel Wallet ☐  
(contains only what you need for the trip)

Have you budgeted for the full duration of your placement - accom/food/transport/socialising/ sports memberships/trips

Has food and accommodation been pre-paid or do you have to pay monthly?

### Insurance:

Read your travel insurance. Are you covered for all possessions/activities?

Own time  
(do you have any activities planned during your trip and are you covered by your insurance?)

### Home Preparation:

Is your home safe while travelling – how long are you away, what measures have you in place?

### Accommodation:

Have you checked (use online review sites) the following:

- It is in a safe area? ☐
- Security is appropriate for location? ☐
- Are there women only blocks/floors available? ☐
- Do you need an early or late check in? ☐

Special requests:

1. ....
2. ....

### Contacts:

Pre-programme into phone Assistance (if different to insurance):

Accommodation:

Local University HSE:

Recommended taxis:

Insurance:

Local Embassy/Consulate:

Other:

**Advisory:** In some Islamic countries, a sexual assault victim may be charged with having sex outside of marriage if they report being raped. Seek guidance from consular officials prior to calling the local police.

### Homesickness and FOMO

Remember this is completely normal and natural!

Creating a routine and keeping busy can help reduce FOMO and homesickness.

Join clubs and societies, keep doing your passions.

Take regular exercise and play your favourite sports.

Make new friends; learn about your new environment, its people and culture.

Limit social media usage and use email and messaging to keep in touch with home.

If you feel overwhelmed talk about it or seek support.