

## **Errands to run before your travels**

- o Check the validity of your travel papers and your passport
- o Check whether any new vaccines are needed and have these done if necessary
- o Check the validity of your credit/debit card and make sure to memorize your pin well
- o Exchange currencies if required
- o Pick a travel guide
- o Obtain a valid travel health insurance that is applicable abroad and will remain valid for the entire duration of your stay

## **At home before leaving**

- o Turn off all electronic appliances in and around the house.
- o Empty the refrigerator
- o If applicable, leave a message on your answering machine to inform people that you will be out
- o Park your car inside a garage or secure location if you own one
- o If you do own a car, make sure it is locked and all electronic functions are switched off
- o Depending on your circumstances you may want to consider giving your keys to friends or neighbors so they can take care of your plants, pets, etc.
- o Turn the heating down or off depending on the season and for how long you will be out
- o Wash the dishes and take the trash out
- o Close all windows and lock the door(s)
- o Turn off all lights and set the automated light and blind settings (if applicable)

## **Planning your journey before leaving home**

- o Ask friends or neighbors to empty your mailbox and give them your mailbox key (depending on your relationship with them)

- o tank tops and bras
- o Shirts and blouses
- o T-shirts
- o Jumpers and hoodies
- o Long trousers or shorts
- o Skirts
- o Belt
- o Dresses
- o Coats and cardigans
- o Water resistant rain coat
- o Gloves, hat and scarf if necessary
- o Shoes, boots and trainers where required
- o Insoles
- o Handbags
- o Pajamas and nightwear
- o Shower and washing gown
- o Towels
- o Sportswear
- o Evening and formal wear
- o Clothes brush and shoe polish
- o Jewelry
- o Watch and an alarm clock if needed

## **Hobbies**

- o Instrument
- o Travel diary
- o Drawing/sketch book
- o Fishing gear
- o Walking and hiking stick
- o Photography and Video equipment as well as all relevant charging cables
- o Head phones, batteries, memory card and external hard drive
- o Altimeter
- o Playing cards
- o Dice and board games
- o Address book or post card collection book

## **For the language course**

- o Pencil, pen, eraser and sharpener

- o If you have pets, do not forget to leave behind food and instructions about how your pet needs to be fed and cleaned
  - o Inform yourself about currency exchange rates
  - o Read about what the climate will be like where you are headed
  - o Make paper copies of important travel documents, such as your passport, your ID, your driver's license (if applicable) and your vaccination papers
  - o Put all of your valuables in a safe location
  - o Pay any outstanding bills
  - o Change the time on your alarm or switch it off depending on your needs
- o Paper and one or several note books
  - o A reliable dictionary or language app

## Beach & Sun

- o Goggles and a snorkel
- o Beach towel
- o Bathing trunks, bathing suit or bikini
- o Hat or cap to shield you from the sun
- o Sun glasses
- o Sand castle and beach toys
- o Floating plastic boat or inflatable mattress
- o Ball and Frisbee
- o Water flippers and your diving license
- o Beach bag
- o Sandals

## Bathroom bag items

- o Soap
- o Shampoo
- o Shower gel
- o Tooth brush and dental floss
- o Toothpaste and mouth wash
- o Brush or comb
- o Razor
- o Shaving foam
- o Deodorant
- o Perfume
- o Contact lenses
- o Care products for contact lenses
- o Glasses and glasses case
- o Sunscreen
- o After-Sun lotion
- o Facial moisturizing creme
- o Body moisturizing creme
- o Hand creme
- o Hair gel and spray
- o Nail care set
- o Lip balm
- o Cotton buds and cotton facial pads
- o Hair clips and hair bands
- o Nail polish and nail polish remover
- o Tampons and underwear pads
- o Make up utensils
- o Tissues and wet wipes

## Useful things to have during your journey

- o Mobile phone
- o Alarm clock
- o Chargers for all electronic devices
- o Charger plug adapters depending on the location you are visiting
- o Cleaning utensils
- o Sewing set
- o Addresses
- o Scissors
- o Music (on your phone, mp3 player, headphones and portable speakers)
- o Hair dryer
- o Books to read whilst traveling
- o Portable laundry washing liquid (if required)
- o Washing pegs
- o Paper and other surfaces to write on
- o Pocket knife and corkscrew
- o Business cards

## Hand luggage

**There must not be more than 100 ml of fluid inside each bottle or container! All items that**

- o Wash cloth
- o Towels
- o Indoor slippers

### **First aid kit**

- o Individual medicines (Pills, Heart medication, insulin, etc.)
- o Medications that is required for the location you are traveling to if required
- o Vaccination papers, blood donor papers and organ donor papers
- o Pain killers
- o Cough and throat soothing drops and bonbons
- o Pills against travel sickness
- o Disinfectant wipes
- o Burn, wound, healing salve
- o Thermometer for fevers
- o Hot water bottle
- o Mosquito and other insect repellent
- o Nasal spray and inhaler
- o Plasters for wounds and blisters
- o Allergy tablets

### **Clothing**

- o Underwear
- o Socks
- o Tights

**contain liquid must be sealed inside a transparent resealable bag. Do not pack spray bottles into your hand luggage!**

- o Camera
- o Headphones
- o Food and drinks
- o Sun glasses and regular glasses
- o Personal phone number for baggage recovery
- o Important medication (such as those against travel sickness or emergencies)
- o Chewing gum
- o Portable dictionary or language guide
- o Books
- o Neck pillow(s)

### **Very important!**

- o Money (cash)
- o Credit or debit cards
- o Personal ID(s)
- o VISA (where applicable)
- o Driver's license (needs to be valid internationally)
- o Health insurance card/papers
- o House key(s)
- o Place copies of your ID inside your luggage (where it is visible to others)
- o Tan or bank safety pin generator (for online banking)
- o Airplane and train tickets
- o Travel documents (hotel, ferry and reservations)
- o Emergency telephone numbers

Sprachcaffe Languages Plus® wishes you an exciting and enjoyable holiday!