



# PACKING CHECKLIST

## ESSENTIALS

Passport (and **stamped** Visa if necessary)

EHIC Card

Trip Paperwork

Clothes for work and for social activities #

Personal Medication

Spending Money (in Euros and Sterling) \*

Mobile Phone, **Charger and Cable**

International Converter Plug^

Toiletries / Wash Bag

Sun Protection - Sun cream and hat

Sunglasses

Day Bag / Backpack

Notebook and Pen

Refillable Drinks Bottle

Snacks for the Journey

## EXTRAS

Plastic bag for dirty laundry

Extra towel (towels are provided)

Entertainment for the journey and spare time (Book, movie on an iPad, pack of cards, puzzle book etc.)

Camera

Dictionary / Phrasebook

Umbrella

Mobile phone battery charger and cable

Hand sanitiser (under 100ml for airport security)

Face Mask

## NOTES

### # CLOTHES

Make sure you check what clothes you need for work and bring suitable clothes for the weather forecast. Make sure you have sensible footwear as you are likely to be walking more than you do at home. Don't forget a waterproof!

### \*CASH CARD

Consider getting an International Cash Card that you can preload with money to avoid having to carry cash and worry about exchange rates and extra charges.

### \*PLUG CONVERTER

A top tip when you are travelling is to take a multi plug lead (gang 4) so that you only need one adapter for all your devices and don't have to worry about not having enough plugs in your hotel room.