



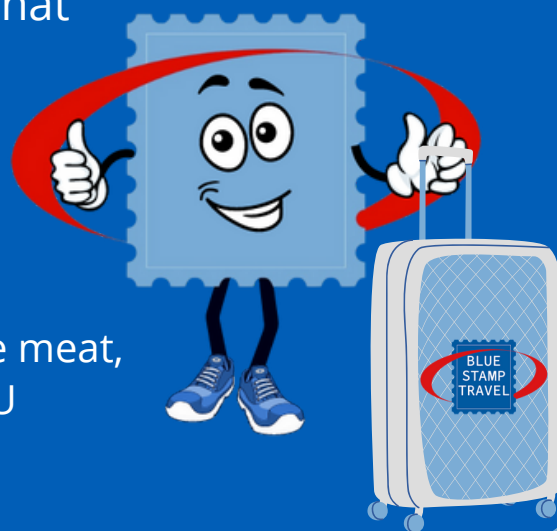
# PACKING CHECKLIST



# ESSENTIALS

- Passport
  - You must have 3 months valid from the date of your return
- Stamped Visa if needed
  - Most students do not require a visa but please check!
- EHIC Card or GHIC Card

- Trip paperwork
- Clothes for work (if applicable) and for social activities \*
- Personal medication
- Spending money (in Euros and Sterling) \*\*
- Mobile phone, charger and cable
- International plug adaptor \*\*\*
- Toiletries / wash bag
- Sun protection - sunscreen and hat
- Sunglasses
- Day bag / backpack
- Notebook and pen
- Refillable drinks bottle
- Snacks for the journey
  - Travellers are not allowed to take meat, milk, or their products into the EU
- Hand sanitiser
  - Under 100ml for airport security



Scan the QR for more information on passports, visa and more.



## \*CLOTHES

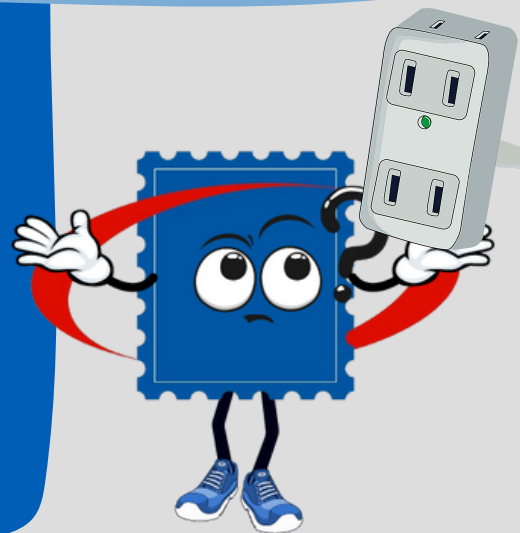
Make sure you check what clothes you need for work (if you are taking a work placement) and bring suitable clothes for the weather forecast. Make sure you have 'sensible footwear' as you are likely to be walking more than you do at home. Don't forget a waterproof jacket!

## \*\*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. Or check with your bank to see if you can use your card abroad without fees. It is generally cheaper to pay in local currency if you have the option.

## \*\*\*PLUG ADAPTOR

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 room.





# EXTRAS

- Camera
- Plastic bag for dirty laundry
- Extra towel (towels are often provided)
- Entertainment for the journey and spare time
  - Book, movie on an iPad, pack of cards, puzzle book, etc
- Hairdryer (may be supplied but not always)
- Umbrella
- Dictionary / Phrasebook
- Mobile phone battery powerbank

Any questions or queries, please contact us at the office either at [enquiries@bluestamptravel.com](mailto:enquiries@bluestamptravel.com) or 0115 9404 500. Make sure to pack in good time to be prepared and not forget anything!



# SAFE TRAVELS

