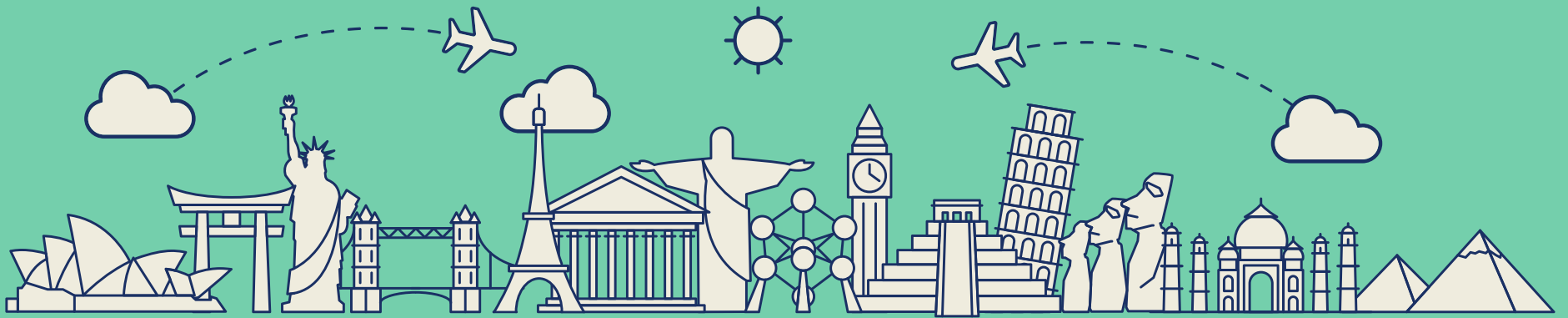


GOABROAD'S ULTIMATE PRE-TRIP CHECKLIST

An exclusive resource for meaningful travelers (that's you!)



>> TO-DO <<

3-6 MONTHS BEFORE DEPARTURE:

- Pick your program (if you haven't already!)
Note: you can e-mail our Online Advisors to get matched
- Send in your application/confirm acceptance
- Share the good news with family and friends!
- Confirm your passport is valid for program dates; start application process if you don't have one
- Research visa requirements; begin any paperwork
- Fulfill any program pre-requisites – TEFL certification, CPR training, etc.
- Apply for scholarships/grants/funding
- Coordinate with your program to book flights
- Notify your university and/or employer
- Create a budget and start saving for your trip
- Research your host country and culture – read a book, watch a documentary, listen to music
- Reach out to in-country staff/coordinators
- Make any necessary appointments – doctor, dentist, dermatologist, hair stylist, etc.
- Sort out any prescription medication for the length of your time abroad

UP TO 1 MONTH BEFORE DEPARTURE:

- Finalize travel itinerary with your program
- Finalize accommodations with your program
- Lay the groundwork for any personal travel – transportation passes, rail passes, etc.
- Finalize any outstanding paperwork regarding your passport and visas.
- Make a communication plan with family and friends
- Start buying any necessary items from packing list
- Learn key phrases in local language
- Eat all your favorite foods (i.e. Chipotle)
- Throw yourself a going away par-tay

UP TO 1 WEEK BEFORE DEPARTURE:

- Purchase travel insurance
Note: this may be included in your program fee—double check!
- Alert your bank of travel plans
- Make 2 copies of all travel documents & IDs
- Start packing



GOABROAD PRO-TIP: ASK YOUR PROGRAM PROVIDER FOR ADDITIONAL TIPS OR STEPS TO COMPLETE PRIOR TO DEPARTURE.

>> TO-PACK <<

IN YOUR CARRY-ON/DAYPACK

- ALL Paperwork** – passport w/ visa, boarding pass, ID, itinerary, wallet w/ extra cash
- Small toiletries** – toothbrush, toothpaste, facewash, deodorant (trust us)
- Extra clothes** – sweater, fuzzy socks, 1 outfit, 1-2 pairs of underwear (seriously, trust us)
- Electronics** – devices, headphones, chargers, adapters, converters, battery packs
- Snacks** – water bottle, any favorite munchies
- Miscellaneous.** – books, journal, pen, an eyemask, earplugs, luggage locks



GOABROAD PRO-TIP: PACK LIGHT! YOU'LL WANT ROOM FOR SOUVENIRS. PLUS, YOU'LL BE ABLE TO BUY ANY CLOTHES YOU NEED AND MOST TOILETRIES IN-COUNTRY.

TOILETRIES

- Small bottles of shampoo, conditioner, and bodywash
- Hair stuff
- Contact lenses and solution
- Beauty products (i.e. makeup, hair gel, etc.)
- Razors
- Medications and vitamins
- Pads, tampons, or menstrual cup
- Sunscreen/bug spray

IN YOUR CHECKED BAG

- 3-4 short-sleeved shirts
- 1-2 long-sleeved shirts
- 1-2 tank tops
- 3 pairs of jeans/pants
- 1-2 pairs of shorts
- 1-2 skirts or dresses
- 1 sweater
- 1 light jacket
- 1 light scarf/wrap
- 7 pairs of socks
- 7 pairs of underwear/2 bras
- 2 pairs of PJs
- 2 work-out outfits
- 1 nice outfit
- 1 bathing suit
- 1 quick-dry towel
- 1 washcloth
- Hat and sunglasses
- Gym shoes
- Comfortable/casual walking shoes
- Flip-flops/shower shoes
- Hiking boots
- Cold weather gear, if necessary
- Backpack
- Packing cubes
- Wet/dry bag
- Ziploc bags (trust us)
- Any can't-live-without or program-specific gear