

## GAP YEAR PLANNING CHECK LIST - from [www.gapadvice.org](http://www.gapadvice.org)

✓	<b>TRAVEL</b>	✓	<b>FINANCE</b>
	tickets		travellers cheques
	insurance		debit card
	passport		
	visas	✓	<b>HEALTH</b>
	maps		medicines
	guide books		medical kit
	phrasebooks		sun cream
	itinerary		mosquito repellent
	ID cards		record of immunisation
	discount cards		glasses, sunglasses, lenses
	international driver's licence		condoms
✓	<b>ACTIVITIES</b>	✓	<b>SAFETY</b>
	booking confirmation eg for job, expedition, voluntary work, course		personal alarms
			padlocks
			door lock
✓	<b>CLOTHING</b>		money belt
	coat		UK Embassy details
	trousers / skirts		agents, in country
	footwear, trekking & sandals		copies of all documents eg passport
	shirts / t-shirts		insurance company contacts
	jumpers		
	underclothes, socks	✓	<b>ACCOMMODATION</b>
	waterproofs		first few nights booked?
	warm/cold options		list of contacts eg hostelworld.com
	head wear		
	swimming costume	✓	<b>COMMUNICATIONS</b>
	something smart!		mobile phone & charger
			roaming SIM card
✓	<b>KIT</b>		pre-paid telephone card
	rucksack		online journal
	day sack		
	mosquito net	✓	<b>OTHER</b>
	sleeping bag & sheet		diary
	wash bag		contacts, friends/family
	toiletries		passport photos
	razors, scissors etc		pens
	toilet paper		
	towels	✓	<b>UK ADMIN</b>
	swiss army knife		standing orders sorted
	travel kettle		bank informed
	knife, fork, spoon		power of attorney
	flask, bottle		university/job arrangements for return
	plate		
	torch	✓	<b>ANYTHING ELSE?</b>
	compass		
	camera		
	travel adapters		
	sink plug		
	repair kit, pins		
	plastic bags, string		
	duck repair tape		
	matches		
	games		