GAP YEAR SURVIVAL / FREE DOWNLOAD

Pre-Departure Checklist

A practical final check before you leave: documents, money, health, insurance, travel plans and staying connected.

How to use this guide
Work through each section, tick items off, and add your own notes. Recheck details close to departure because requirements can change.

Passport, visas and entry

[ ] Check passport expiry date and condition

[ ] Check entry and transit requirements for every destination

[ ] Arrange any required visas or travel authorisations

[ ] Save digital copies of passport, visas and key bookings

[ ] Leave a secure copy of important documents with someone at home

Health and insurance

[ ] Arrange suitable travel insurance and read the policy details

[ ] Check destination-specific health advice from official sources

[ ] Plan any vaccinations or prescribed medicines in good time

[ ] Carry prescriptions or supporting medical letters where appropriate

[ ] Record emergency assistance and insurer contact details

Money

[ ] Tell relevant banks about travel if required

[ ] Take more than one way to access money

[ ] Set an emergency reserve that is separate from day-to-day spending

[ ] Check card charges, ATM fees and exchange-rate costs

[ ] Create a realistic daily and weekly spending limit

Travel and accommodation

[ ] Confirm first-night accommodation

[ ] Check airport, station or border transfer plans

[ ] Store booking references offline

[ ] Check baggage allowances for every booked journey

[ ] Share your first itinerary and key contacts with someone at home

Phone, security and documents

[ ] Set a strong phone PIN and enable device tracking

[ ] Back up important photographs and documents

[ ] Consider an eSIM/SIM plan and roaming costs

[ ] Store emergency numbers and accommodation addresses offline

[ ] Use secure cloud storage for document copies

Home admin

[ ] Settle essential bills and subscriptions

[ ] Arrange post, pets, house keys and any ongoing commitments

[ ] Check driving documents if you intend to drive

[ ] Make a contact plan with family or friends

[ ] Do a final passport-wallet-phone-medication check before leaving

This checklist is general planning guidance. Always verify current entry, health, insurance and safety requirements with official sources for your destinations.

Adventure awaits - you have got this.