



Packing and preparation tips

When it comes to the final preparations and packing your bags before you leave there's often so much to think about that you might find you inevitably end up forgetting something... so to help out here's our suggested list to try and help you remember all the main things.

Passport and travel documents

It seems obvious, but that's why you shouldn't overlook it. Passport, boarding pass and any required visa documentation are absolute essentials.

Medication

If you take any essential regular medication then take as much of it with you as your doctor and immigration laws will allow. It's also worth taking a selection of occasional medical supplies such as allergy medicine, painkillers, digestion and sleep aids as well as any travel medications such as anti-nausea pills.

Toiletries

Depending on where you are going it can be difficult, expensive or even impossible to find certain hygiene products - especially if you are picky about the specific brand or style you use. This can cover anything from your favourite hair products or toothpaste to razors or sanitary products.

Technology

This could include your phone, laptop, tablet, mp3 player or e-reader - or all of the above. It's important to get your devices unlocked if you plan to put a foreign SIM card put into them but also get some adaptors so that you'll be able to charge them and make sure you don't forget the chargers themselves. It's also a reasonable idea to take a list of people's phone numbers on a piece of paper in case you have technology issues and need to call someone. A set of headphones will also make your flight a lot more enjoyable.

Prepare for any restrictions

Many countries have internet firewalls or restrictions on certain things. Firewalls are often easy to get around by installing a VPN onto your devices before you leave (do your own separate research into this) - it can be difficult to do after you arrive - even if there's no firewall where you are going this can be a good idea to leave you able to easily still see all your favourite websites and watch episodes of your favourite TV shows..



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It's also worth leaving behind anything that will be seen as controversial where you are going - you may love that ironic political t-shirt but you won't have fun at customs if they take offense to it. This can also apply to taking digital versions on your technological devices - basically, if it's banned there don't take it!

Books

When moving to somewhere that doesn't have English as an official language it can be difficult to get books in English and where it isn't difficult it's usually more expensive. You may want to take a selection of books with you but if you are a heavy reader it may be much easier to take an e-reader. The same can apply to all of your work resources and lesson plans - if you digitise them and put them on a cloud data service such as Google Drive or Dropbox you'll also still have them if you lose your devices.

Clothing

The prices, styles and sizes of clothing can vary greatly from country to country so it's recommended to pack a full wardrobe of weather-appropriate clothing including a selection of shoes as it may be a challenge to find something you like in your size without paying over the odds for it.

Gifts

It can sometimes be a really nice idea to take a few small gifts that won't be available in your new location - you could give them to your class on your first day and it's amazing how excited people can get about things you don't think twice about... a bag of small coins so you can give your students some 'exotic' money is a great way to make them like you from day one!

Home comforts

Finally, you may want to bring some things to make the transition into a new place a bit easier and remind you of home... again check that there aren't any import restrictions on what you want to bring but some ideas could include food and drink such as your favourite teabags or confectionary, photos of friends and family and fabric softener.

If you do end up forgetting something, don't panic! You can always try to buy it after you arrive or get someone to send you a parcel from home.