

TRAVEL DOCUMENTS

- Passports; Entry Visas; Itineraries/Tickets; Transfers & Accommodation Confirmations**
 - Make copies and keep separate to the actual documents
 - Entry Visas can often be in your expired passports
- Credit Cards**
remember to **officially** inform your Credit Card Companies of the dates and countries of your trip



Vaccination Card

certain vaccinations may be required for destination and in-transit countries.
(remember there will be a set lead time between vaccination date and entry date into the relevant country; **this can be as much as 2 months**)

MEDICATION AND PERSONAL CARE

- Contingent Medications**
anti-bacterial; mosquito/insect; altitude sickness; diarrhoea; motion sickness; etc.
- Prescription Medications**
- Personal Care**
sunscreen; lip balm; contact lenses, solutions; caps/visors
- Small Scissors** (a true essential)



CARRY-ON BAG - pack smartly

Travel Assurance is what a smartly packed carry-on bag will provide. Remember as well, if your luggage goes askew then this has to keep you for a while.

Here are a few suggestions:

- A change of clothes; essential toiletries; phone and charger; reading material; notepad/pen; water bottle.**

Note re: liquids, aerosols, gels, creams and pastes in your carry-on bag

- verify the quantity limits for each flight and departing airport (3 oz. is often the limit)
- place such items in one pouch in order to expedite security checks



INFORM THEM THAT YOU WILL BE AWAY:

- | | |
|---|---|
| <input type="checkbox"/> Neighbours | <input type="checkbox"/> Close Friends |
| <input type="checkbox"/> Property Protection Agency | <input type="checkbox"/> Newspaper Delivery |
| <input type="checkbox"/> Exercise Partners | <input type="checkbox"/> Gardener |

HOME CARE AND PROTECTION

- Use or remove **foodstuffs** that may expire before your return
- Leave a set of **house keys** with a trusted person
- Unplug Appliances** - air conditioners; water heaters; washer/dryer; microwave ovens; toasters; TVs; modems; etc.
- Ensure **utility bills** are paid up for the duration of your trip
- Remove **valuables** to a secure place (safety deposit box)



TRAVEL WEAR

Given that you will pass through metal detectors and be required to remove certain items of wear:

- Avoid belts; if not then use easy-to-remove belts**
- Slip-on shoes**
- Clothing without metal studding**



TRAVEL ADVISORIES AND WARNINGS

Keep channels of such information open, especially when getting closer to your date of travel.

MOBILE PHONES

- Consider purchasing an international data roaming package from your mobile company.



TRAVEL INSURANCE

- Consider having GO 4 LESS effect this insurance for active assistance while on your trip.

Health/Medical Insurance is generally not Travel Insurance.
(Travel insurance is insurance that can assist with medical expenses, lost luggage and other losses incurred while traveling; ensuring of critical assistance **at the time of the incident**)

WAKE-UP CALL

- Request GO 4 LESS to schedule that 'get started' call with their Call-Scheduling app.



Be Travel Ready!

