

# WHAT TO PACK

## SOME THINGS YOU SHOULD PACK INCLUDE:

We recommend that you bring a smaller bag to take things to the homestays where space is more limited. You will be required to carry these including some moderate walks. Backpacks are recommended.

### Clothes

The aim for your clothes are to be comfortable, respectful and present well.

- Comfortable walking shoes
- Thongs / flip flops
- Loose fitting long sleeve shirts
- T-shirts / Polo shirts - shoulders should be covered, nothing sleeveless for men or women
- Jumper (according to the climate of your country)
- Jackets (according to the climate of your country)
- Shorts (according to the climate of your country)
- Pants (according to the climate of your country)
- Socks and underwear
- Sunglasses
- Sunhat
- Swimmers
- Pyjamas
- If possible, pack one smart/casual outfit for your final presentation.

### Toiletries

Most basic hygiene products can be purchased in country if needed.

However, you may still want to pack the following:

- Sunscreen
- Toothpaste / Toothbrush / Floss
- Small shampoo / conditioner
- Razor or shaver
- Deodorant
- Tissues or emergency toilet paper
- Body wash / soap
- Wet wipes (biodegradable for reduced impact)/Hand sanitiser
- Contact Lens case and solution
- Eye drops
- Menstrual products - women
- Nail clippers

### Medical and First Aid Kit

- Personal medications
- Small travel first aid kit - band aids,
- Drugs - paracetamol, diarrhea medicine (GastroStop), hay fever or allergy medicines, nausea or travel sick tablets for windy roads or boat journeys, ural if you are prone to UTIs, hydrolytes
- Mosquito repellent

### Note for Women

- Please bring a supply of tampons, panty liners, mooncup, pads etc for the whole trip according to your cycle. Although menstrual products are available in country in main cities and supermarkets, they may not be as comfortable or available as you are used to in Australia, so pack this!

### Electronics

- Laptop / Tablet / iPad - although it isn't compulsory, a device like this will be invaluable to research
- Phone (unlocked)
- Camera
- Power adapters / converter (multi country ones are useful)
- Torch (handheld, head torch, or use your phone)
- Powerbank or Portable battery pack + cable

### Travel Well

- Day bag for water, sunscreen etc. -very practical and useful
- Small plastic bags or reusable cloth bags (for dirty laundry, extra clothes, small supermarket or souvenir shopping)
- Reusable water bottle to reduce plastic consumption
- Passport and Passport Holder
- Vaccination Booklet (yellow)
- Passport Photos (x4) - for general travel -SIM cards/visas
- Photocopy of Passport
- Print out of travel itinerary
- Blank notepad or diary to write down/doodle your travel thoughts
- Backpacks are preferred over suitcases
- Eye Mask
- Ear Plugs
- Travel Pillow
- Lightweight scarf (good to keep the sun off, doubles as a pillow)
- Cash to exchange in country or debit/credit card (notify your bank of international travel)

### Optional but Fun

- Vegemite / Tim Tams or other tastes of Australia that you might want to share
- Photos of your family, house, friends, university (this can be on your phone or printed out)
- Playing cards or travel games

### Don't Pack

- Anything that is illegal in either Australia or the destination country
- Drugs and alcohol
- Towel (not necessary - but feel free to bring small travel towel)
- Sleeping bag
- Massive suitcase that you can't carry
- Inappropriate or revealing clothes (short shorts, singlets, clothing with offensive/beer slogans, impractical heeled shoes)