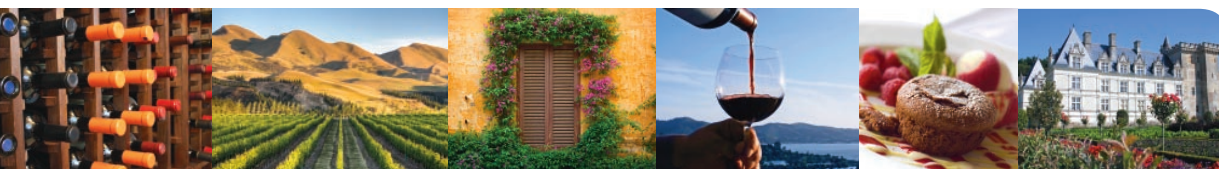


Travel Tips & Checklist



'Taste the world your way'

Our Top Travel Tips

- **When packing, be ruthless and halve your stuff. Then halve it again. Chances are you can buy extra clothes at your destination if you don't have enough.**
- **Scan your documents and store them electronically - accessing them at an internet cafe will make it a lot easier to get your holiday back on track if you have an emergency.**
- **Only keep a day's worth of cash in your wallet/purse at anyone time and the rest in a money belt.**
- **Making sure you have the necessary visas and vaccinations is essential. Speak to your consultant if you need more information on this.**
- **Never travel without travel insurance. It's not too late to arrange it - go to www.travellersassistance.com.au or call your consultant.**
- **Drink lots of water on the plane and avoid alcohol and caffeine as these will dehydrate you. Plus make sure you do the simple exercises in your seat every hour to arrive fresh for your holiday.**
- **Airport security can take longer than you think, especially if you are travelling through the USA. Check how long you should arrive at the airport before your flight.**

Travel Checklist

Items marked with an asterisk (*) are recommended to be kept in carry-on luggage.

To do before your trip:

- Stop routine deliveries
- Take out garbage, remove perishables from fridge
- Leave keys, copies of your passport and itinerary with family/friends
- Lock windows, garage, and doors
- Pay any bills
- Check government regulations in advance and leave prohibited items behind. More info at www.smarttraveller.gov.au
- Register your trip with DFAT in case of emergency at the same website

Get the paperwork in order:

- Guide books and maps*
- Passport* (must have 6 months validity upon return)
- Visas* (check requirements with Consultant)
- Foreign currency of your destination country* (check if limits with Consultant)
- Credit cards/Debit Cards*
- Travellers cheques/Travelex Cash Passport*
- Insurance: Trip Cancellation/Medical*
- Personal Identification*
- Photocopies of documentation*
- Scan your documents and store them electronically
- Accommodation Vouchers, Coach Travel, Car Hire Vouchers (if booked)*

Medication:

- First Aid Kit
- Aspirin/Pain Reliever
- Cold/Sinus Medication
- Diarrhea Medicine
- Laxative
- Insect Repellent
- Contact Lens Preparations
- Antibiotic Ointment
- Alcohol Wipes
- Sunscreen
- Motion Sickness Medicine
- Personal Hygiene Items
- Personal Prescriptions*

Basic essentials:

- Label luggage (inside and out)
- Appropriate Clothing
- Comfortable Footwear
- Rain Protection
- Camera* (and film/memory card) and battery charger
- Small Torch
- Travel Alarm Clock
- Brimmed Hat
- Reading Materials*
- Music player*
- Reading and sun glasses*
- International electric power adapter
- Money belt*

Pack for kids:

- Nappies
- Games/activities
- Wet wipes

Some extras to consider:

- Spare batteries for camera and torch*
- Sink Stopper
- Folding Scissors (place in checked baggage)
- Dirty clothes bag

Toiletries:

- Comb/Brush
- Cosmetics
- Condoms
- Toothbrush/Paste
- Dental Floss
- Shampoo
- Deodorant
- Lotions/Creams
- Lip balm
- Shaving Cream
- Towel/Washcloth
- Earplugs
- Emergency toilet paper/tissues

International Carry-On Luggage: Additional Aviation Security Measures

To increase your safety, there are rules for taking liquids, aerosols and gels on flights into and out of Australia.

Each container of liquids, aerosols or gels in your carry-on baggage must be 100 mL/grams or less. All the containers must be sealed in a transparent, one-litre plastic bag. You are only allowed one plastic bag. Any transparent resealable bag of one litre capacity or less is allowed. Please note, these bags must be independently resealable. Bags sealed with items such as sticky tape, rubber bands or ribbons will not be accepted. For more information on clear resealable bags please see the frequently asked questions section of the Australian Government's Infrastructure, Transport, Regional Development and Local Government website.

<http://www.infrastructure.gov.au/transport/security/aviation/LAG/faq.aspx>

You may still carry on board prescription medicines. Baby products and non-prescription medicines that you need for the flight are also allowed. Proof of need may be required.

When you get to the screening point, you will have to surrender any liquids, aerosols or gels greater than 100ml/g that you still have with you, including duty free. The rules also introduced random frisk searches as part of the screening process.



Please Note: These restrictions only apply to international flights, and do not apply to checked-in baggage.

BEFORE CHECK-IN

Are your liquids, aerosols and gels 100ml or less?

- Liquids, aerosols and gels include items such as drinks, creams, perfumes, sprays, gels, toothpaste, lipstick, lip balm and similar substances.

NO



YES



CHECK-IN



If the items are greater than 100ml, place them in your check-in baggage

There are no new restrictions on what you can pack into your check-in baggage.

CARRY-ON



About 20 x 20cm

If you want to take items through the screening point make sure:

- Each item is 100ml or less
- All items fit in a transparent, one-litre bag
- The bag is sealed
- Only one bag per person is allowed.

SECURITY

- Proceed to the screening point
- Present this bag with your other carry-on baggage
- You may be also subject to a random frisk search. This is in addition to the explosive trace detection process already in place.

