



PACKING CHECKLIST

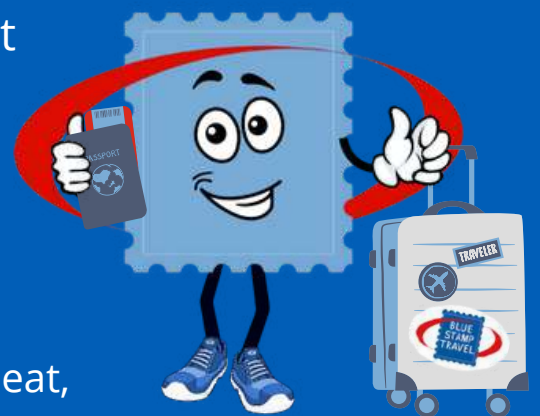


ESSENTIALS

- Passport
 - You must have 3 months valid from the date of your return
- Stamped Visa if needed
 - Most students do not require a visa but please check!
- EHIC Card or GHIC Card

more info on: www.bluestamptravel.com/passport-visa-health/

- Trip paperwork
- Clothes for work (if applicable) and for social activities*
- Personal medication
- Spending money (in Euros and Sterling)**
- Mobile phone, charger and cable
- International plug adapter***
- Toiletries / wash bag
- Sun protection - sunscreen and hat
- Sunglasses
- Day bag / backpack
- Notebook and pen
- Refillable drinks bottle
- Snacks for the journey
 - Travellers are not allowed to take meat, milk, or their products into the EU
- Hand sanitiser
 - Under 100ml for airport security



EXTRAS

- Camera
- Plastic bag for dirty laundry
- Extra towel (towels are often provided)
- Entertainment for the journey and spare time
 - Book, movie on an iPad, pack of cards, puzzle book...
- Hairdryer (may be supplied but not always)
- Umbrella
- Dictionary / Phrasebook
- Mobile phone battery powerbank

*CLOTHES

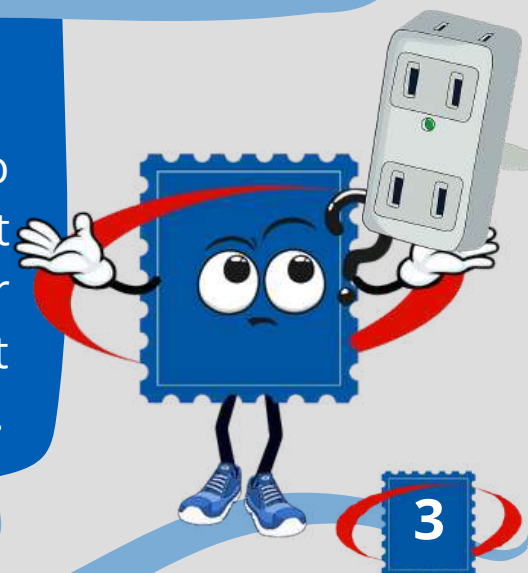
Make sure you check what clothes you need for work (if you are taking a work placement) and bring suitable clothes for the weather forecast. Make sure you have 'sensible footwear' as you are likely to be walking more than you do at home. Don't forget a waterproof jacket!

**CASH CARD

Consider getting an International Cash Card that you can preload with money to avoid having to carry cash and worry about exchange rates and extra charger.

***PLUG ADAPTER

A Top Tip when you are travelling is to take a multi-plug lead (Gang 4) so that you only need one adapter for all your devices and don't have to worry about not having enough plugs in your room.





Below you will find our address and the telephone numbers you can contact during the trip. Please use the emergency contacts only in case of a genuine emergency.

Blue Stamp office in UK:

Blue Stamp Travel

11 Oak Street

Carrington

Nottingham

NG5 2AT

Tel: 0044 (0) 115 9 404 500

Email: enquiries@bluestamptravel.com

Blue Stamp emergency 24 hour number: 0044 (0) 7799 671 922



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