



LEAVING HOME CHECKLIST

Leaving Home

Health

- Expedition to select and advise details of travel health provider
- Consider full medical check up with health provider
- Have all pre-travel vaccinations and associated medication. Ensure details are included in your vaccinations / immunisation card.
- Yellow Fever certificate
- Get a hard copy of your prescription for any prescribed medication. Discuss with health provider how best / where to obtain prescription medication during the trip (and / or take sufficient medication with you but noting the law in some countries does not allow carriage of certain medicines).
- Personal first aid kit - health provider to tailor a personal first aid kit for you taking into consideration any allergies etc.
- Consider wearing a medic alert bracelet (or equivalent) if appropriate.
- Trauma Packs and Emergency medical equipment delivered.
- Visit the dentist for a full check up.
- Acquire dental emergency kit.
- Consider having an eye test and if necessary take two pairs of glasses. Lenses / prescription sunglasses.

Vehicles and Trailer

- Obtain (or know how and when you need to obtain) a Carnet de Passage for your vehicle and trailer. Will be required latest for Egypt onwards)
- Have a full inspection and service of vehicles and trailer.
- Spare tyres serviceable
- Statutory emergency equipment
- Car Insurance
- Recovery / breakdown insurance
- Consider need to check weights if near limits
- Tools and spares
- Daily checks complete
- Awnings / tents / swags
- Navigation latest version and includes all countries
- Fridge / freezer(s) working
- Water / gas / diesel tanks full
- Gas adapter kit
- Water filters and treatment kit

Have you.....?

- Reviewed insurance policies (including life insurance)
- Made or updated your will
- Paid the utility bills
- Made arrangements to pay council tax and utility bills
- Thought about telecoms and broadband
- Turned off the water
- Diverted mail
- Collect mail and deliveries
- Told the bank / credit card companies you are travelling
- Nominated an 'Emergency Contact'. Completed and forwarded the Personal Information Record



LEAVING HOME CHECKLIST

- Identified and briefed the UK Coordinator

Documentation

Ensure you have the following documentation with you stored in a safe place (Grab Bag). Scan and keep copies electronically and hard copy:

- Ensure passport will have a minimum of 6 months remaining on your planned return and sufficient spaces left for visas and entry / exit stamps. (Worst case you could need about twenty pages).
- Obtain single entry 30 day (transit) visas for Egypt, Sudan and Ethiopia.
- Ensure Driving licence is up to date and acquire international driving permit.
- Vaccinations. Ensure inoculations recorded on vaccination card and store copy in your travel vault (or photocopy).
- Copy of prescription for spectacles.
- Acquire travel insurance. Don't be fooled by low cost policies, generally you will get what you pay for. Ensure your policy is comprehensive, will cover all planned activities and is valid for all countries you plan to visit and the length of the entire trip. Ensure it covers medical emergencies including evacuation / repatriation, personal equipment and emergency dental treatment.
- Car (and trailer) insurance. Ensure it covers the countries you are going to drive through. (Insurance for some countries in Africa can be purchased at the border).
- Breakdown / recovery insurance.
- Credit cards, debit cards, travellers cheques. Ensure you have a record of key numbers that you may need to call if cards are lost or stolen. These can be uploaded to your Travel Vault and / or stored in your mobile phone.
- Travel tickets / Chunnel tickets.
- Spare passport photos (suggest 2 x photos for each country in Africa for VISA's / permits etc). They may come in useful for a number of reasons.
- Yellow fever certificate and vaccination / immunisation card
- Scan key travel documents and store copies on your computer / iPad / Phone / USB stick (and / or photocopy). Consider creating an ID Card sized laminated copy of your Passport to serve as an ID Card when travelling.
- Vehicle Registration document (V5)

Personal Items

- Mobile phone + charger. SIM card.
- Satellite phone, charger etc.
- Camera(s), charger, connectors

'Give aways'

Load some small items that you can give away at schools / villages in Africa. For example:

- Balloons
- Pencils / crayons
- Erasers
- Pencil sharpeners
- Paper / pads
- Chalks
- Balls
- Frisbee
- Candies / mini lollies
- Childrens windmill
- Face paints
- Inflatable world globe
- others tbc.....

..... and Finally

- Switched power off at all the sockets
- Checked all lights are off.



LEAVING HOME CHECKLIST

- Taps all off and no leaks. Plugs removed from sinks / baths
- Gutters cleaned and drains clear
- Garage locked, garden secure.
- Arranged for somebody to cut the grass etc
- Set the alarm
- Locked all doors and windows
- Told the family how to contact you (Mobile, Satphone, SMS, WhatsApp etc, Email).