

# Pre-Departure Checklist for Participants

## Travel Documents

- ☐ Passport
- ☐ Visa
- ☐ Flight/Travel Tickets
- ☐ Travel Insurance
- ☐

## Personal Preparation

- ☐ Medical Checkup/Vaccinations
- ☐ Financial Arrangements
- ☐ Emergency Contacts
- ☐ Appropriate Apparel
- ☐

## Communication

- ☐ Phone & Charger
- ☐ International Roaming/Local SIM
- ☐ Saved Important Numbers
- ☐

## Miscellaneous

- ☐ Accommodation Confirmed
- ☐ Local Transport Arranged
- ☐ Itinerary Printed/Emailed
- ☐

## Notes