

# Packing and Travel Checklist



So you have completed your TEFL certification course, turned in your Practicum documents, decided on the country that you are going to teach English in, and now it is finally time to pack and prepare for your adventure! This document contains a comprehensive packing list and various preparation tips for you to consider before you depart including [Country Research](#), [General Travel Items](#), [Travel Documents](#), [Teaching English and Finding a Job](#), [Clothing](#), [Technology and Communication](#), [Health](#), [Money](#), and [Additional Alumni Resources](#).

## Country Research

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It is very important that you complete your own research of the country you will be visiting before you leave. You will want to acquire a basic understanding of the culture, political situation, behavioral norms, etc. so that you will be fully prepared to live and work there. Below, you can find some good websites and resources to take a look at before you leave. You can also contact Student Affairs for more country specific information.

- ✓ Lonely Planet: [www.lonelyplanet.com/](http://www.lonelyplanet.com/)
- ✓ U.S. State Department (you can also register on here before you leave the country): <https://www.state.gov/travel/>

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- ✓ Embassy websites:  
<https://travel.state.gov/content/travel/en/consularnotification/ConsularNotificationandAccess.html>
- ✓ Expatriate websites:  
<http://www.transitionsabroad.com/listings/living/resources/expatriatewebsites.shtml>
- ✓ BBC News – Read up on your country’s current events: <http://www.bbc.co.uk/news/>
- ✓ Travel Guides by region and country:  
<http://www.findingdulcinea.com/guides/Travel.html>



## General Travel Items

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Some of these items may vary depending on what country you are going to, how long you are staying, how many items you are bringing, etc. Again, make sure you do thorough research so that you can better plan on what to pack.

- ✓ Large backpack and/or suitcase
- ✓ Small day pack or carryon

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- ✓ Neck pillow for long plane, bus, and train rides
- ✓ Sleep sheet
- ✓ Map of the city or country
- ✓ Cell phone and charger
- ✓ Light Travel Towel
- ✓ Book of basic vocabulary and phrases for the country's language
- ✓ Travel sized hygienic items (toothbrush, toothpaste, etc)
- ✓ Book and/or journal
- ✓ Sweater
- ✓ Headlamp/flashlight
- ✓ Snacks
- ✓ Guide book
  - Lonely Planet: <http://www.lonelyplanet.com/>
  - Rough Guide: <http://www.roughguides.com/>
  - Let's Go: <http://www.letsgo.com/>
  - Frommer's: <http://www.frommers.com/>

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## Travel Documents

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It is highly recommended to photo copy all of your travel documents before you leave. Take one copy with you abroad, give another copy to a friend or family member to keep at home, and scan/send copies to your email. This way, if you lose your passport or other important travel documents, you can bring a copy to the embassy or consulate.

- ✓ Passport
- ✓ I.D.
- ✓ Medical documents – Yellow Card with Immunization List, Prescriptions, etc.
- ✓ Insurance Information
- ✓ Tickets – plane, train, bus, etc.

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**Flights, Insurance Coverage, and more** - ITA has partnered with STA Travel to offer our students airfare, help with obtaining health and traveler's insurance, and more. Contact them directly to find out more details and to book your flight today –

<http://www.statravel.com/solutions/TEFL.htm>



## Teaching English and Finding a Job

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Make sure to contact Student Affairs before you leave to receive more specific information and job search guidance on the country you are traveling to.

- ✓ TEFL Certificate
- ✓ International Resume

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- ✓ Sealed official transcripts from your university
- ✓ Cover Letter
- ✓ Grammar book
- ✓ Sample lesson plans
- ✓ Anything you want to use in your future classroom (Recommended: English games, toys, deck of cards, pictures, newspapers, magazines, etc.) – though much of this you will be able to purchase once you arrive to the country you will be teaching in.
- ✓ Links to teaching websites or other activities, resources, worksheets, etc.
- ✓ ***If necessary depending on the country you are going to***, documents needed to get a visa such as official college transcripts, college diploma, criminal background check, etc.
- ✓ List of language schools and resources from Student Affairs
- ✓ Job Search Guidance Manual: <https://cdn2.hubspot.net/hub/67369/file-12934485-pdf/job-search-guidance/international-job-search-guidance-manual.pdf>
- ✓ International TEFL Academy Certification Book  
PDF: <http://www.lulu.com/shop/http://www.lulu.com/shop/international-tefl-academy/the-fundamentals-of-teaching-english-as-a-foreign-language/ebook/product-23510664.html>  
Paperback: <http://www.lulu.com/shop/http://www.lulu.com/shop/international-tefl-academy/the-fundamentals-of-teaching-english-as-a-foreign-language/paperback/product-23722059.html>

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## Clothing

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Pack light! Pack your clothing and then cut what you have in half. When most people are asked what they wish they would have brought *less of* when traveling, clothing is always the number one answer.

It is also a good idea to pack an extra set of clothes in your carryon bag in case your luggage is lost!

- ✓ Check the climate so you can get a better idea of what to pack:  
<https://www.cia.gov/library/publications/the-world-factbook/fields/2059.html#np>
- ✓ Formal clothing for interviews and teaching (Men: dress pants, collared shirt) (Women: dress pants, skirt, blouse)
- ✓ Shoes –a comfortable pair for walking (tennis shoes) and a professional pair for teaching
- ✓ Flip flops/Tevas
- ✓ Bathing suit
- ✓ Underwear
- ✓ Socks

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- ✓ Hat
- ✓ Sunglasses
- ✓ Rain jacket



## Technology and Communication

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ITA highly recommends getting a local phone and phone number as soon as you arrive so that potential employers can easily contact you. Cell phones are easy to purchase overseas. You may also want to contact your cell phone company to inquire about using your current cell phone overseas. Many cell phone companies are international and would only require you to change your SIM card once you are overseas. It is also a good idea to figure out how to dial internationally before you leave: <http://www.countrycallingcodes.com/>

- ✓ Camera – bring extra memory cards and charger
- ✓ Laptop
- ✓ USB or External Hard drive to store pictures, lesson plans, etc.



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- ✓ Music (iPod, small speaker)
- ✓ Electronic Book (Kindle, Nook, etc.)
- ✓ Voltage Converters: <https://www.worldstandards.eu/electricity/information-for-travellers/>
- ✓ Sign up for Skype: <http://www.skype.com/intl/en-us/home>
- ✓ Have a Gmail or Hotmail account
- ✓ Sign up for an online picture website in case your memory cards, etc. are lost or stolen: <http://www.flickr.com/> or even in your Google Photos account
- ✓ Start a blog to keep your family and friends updated: <https://www.internationalteflacademy.com/blog/6-tips-for-maintaining-a-blog-while-teaching-abroad>
- ✓ Make a list of important phone numbers or contact information and email it to yourself. Recommended contact information: bank, credit card company, insurance company, employers, emergency contact information, etc.

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## Health

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Make sure to visit the Centers for Disease Control and Prevention website to find out more information about the health situation in the country you are visiting and to see if you need any vaccinations before you leave: <http://wwwnc.cdc.gov/travel/>. Also check if/what vaccines you'll need if you plan on traveling to other countries besides the country you plan to teach in.

- ✓ Medical Insurance: Your employer or the country you are travelling to may offer inexpensive health insurance or care. There are hundreds of health insurance companies out there; we've included a few recommendations below. You should also contact your current health insurance provider to inquire if they offer international plans.
  - HTH Worldwide: <http://www.hthworldwide.com/>
  - Global Health: <http://www.globalhealth.com/>
  - STA Travel: <http://www.statravel.com/solutions/TEFL.htm>
- ✓ Medication: Make sure that you bring any prescription that you need and if necessary, know the generic name to purchase at pharmacies abroad. Here are some medications that are recommended to bring:
  - Imodium AD
  - Cipro

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- Pepto Bismal
  - Ibuprofen – Advil, Tylenol
  - Dramamine for motion sickness
  - Midol
  - Contraceptives – birth control, condoms, etc.
  - Iodine tablets for water
  - For any prescription medications, check to make sure they are legal in your destination country.
- ✓ Toiletries: Most metropolitan cities will have stores where you can buy the basics. If possible, go light on the amount of toiletries you bring because you will likely be able to purchase them on the ground. Make sure to keep all liquids in plastic bags. If there are specific brands that you cannot live without, make sure to pack those. Blow dryers, curling irons, etc. are recommended to purchase on the ground. Recommendations to pack include:
- Shampoo/Conditioner
  - Soap
  - Toothbrush/Toothpaste
  - Deodorant
  - Feminine Products
  - Shaving supplies
  - Contact lenses and solution
  - Eye glasses
  - Makeup and other cosmetics
  - Nail clippers and tweezers
  - Sunscreen
  - Bug spray
  - Roll of toilet paper and Kleenex
  - Small First Aid kit
  - Bath Towel

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## Money

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It is generally a good idea to check the exchange rate and research what things will cost before you leave (for example a taxi ride, beer, hostel, etc.) Exchange rates can be checked here: <http://www.xe.com/ucc/>. When you're in country and you use an ATM at a local bank, be sure to use it only during bank hours in case you have issues with your withdrawal.

- ✓ Money Belt – wear underneath your clothes (not hanging out like many tourists do!)
- ✓ Notify your bank or credit card carrier that you will be leaving the country (if you do not, they may freeze your funds)
- ✓ If possible, have some currency of the country you are travelling to before you arrive just in case you need it for taxis, etc.
- ✓ It is also a good idea to keep some cash on you in case you need to exchange it right away

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## Additional Alumni Resources

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As a part of ITA, you have the incredible resource of over 10,000 fellow alumni, many of which have done this before. Not only that, but they are happy to help! So be sure to reach out to them. Here are some great ways to learn from and connect with the alumni experts.

- ✓ Join the [ITA Alumni Facebook](#) group for the country you will be traveling to and post any specific questions you have about what to and not to pack.
- ✓ Read some of the [articles](#) written by our staff and alumni about their experiences abroad and some of the things they found most handy.
- ✓ Watch some of the [videos and stories](#) made by our alumni with an in a day in the life view of living/teaching in abroad.