

Your Starter Pack!



Feeling overwhelmed? Don't worry, here's what you need to know to get started!

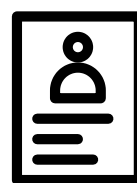
Where Should I Go?

- South East Asia (SEA)
 - Popular starting point for young travellers due to low costs and well-established tourist routes
 - Easy to navigate as an English speaker and with both public and private transport options
- Central America
 - Public transport is relatively easy to use in most countries
 - Knowing some Spanish is helpful
 - More expensive than SEA
- South America
 - Considerably more expensive to travel around, and with longer journeys between places
 - Popular among more experienced travellers



4 Things To Check Before You Book

- ✓ **Passport validity**
Ensure your passport is valid for at least 6 months after your date of return
- ✓ **Visas, Vaccinations and Entry Requirements**
Usually found on the country's government website
- ✓ **Travel Insurance**
Purchase travel insurance from the day of booking to cover any travel issues before and during your trip.
- ✓ **Travel Safety Guidelines**
Check official safety guidelines before you travel so you know about any risks or local issues that could affect your trip. (Usually found on your government website).



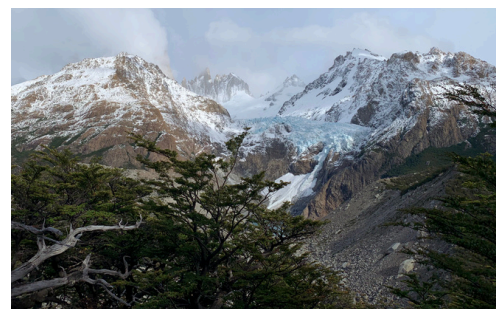
Solo v Group

Group or Volunteering Travel Programmes

- Removes the stress of planning and navigating travel
- Built-in structure and social circle from day one
- Can be more expensive and limiting in terms of your itinerary

Solo

- Full flexibility over your own itinerary and pace
- Builds self confidence and encourages deeper self discovery
- Can be overwhelming at times, especially at the start



Packing: Keep It Simple

40L Backpack + Daypack -- Pack Smart & Light

Top 3 Packing Tips

- Pack realistically, not for 'what ifs'
If you can't rewear or use it multiple times, it's taking up space.
- Roll, don't fold!
Rolling your clothes lets you fit more in, and with the amount of times you'll pack/unpack your bag, you'll remember where everything is.
- Pack things you don't mind getting ruined
Whether a laundry mishap or travel wear and tear, you'll be glad it wasn't your favourite shirt!



What I Wish I Knew Before My First Trip

- If you don't know, just ask. Locals and other travellers are your best resource.
- You'll probably blow through your budget quicker than expected so account for extra costs and keep an eye on your balance!
- Meeting people is easier than you think. Travellers are usually open to meeting new people.



When You're Ready For More

- ➔ [Check Out My Destinations](#)
- ➔ [Get The Full Packing List](#)
- ➔ [Find The Right Insurance For You](#)



You're One Step Closer!

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