



Packing Checklist

Whether you are travelling with plenty of time to plan or at short notice, our Packing Checklists will assist you to pack everything you need.

Essential Items

- COVID vaccination certificate
- Appointment & referral letters
- Cards, including Medicare, Insurance and Concession
- Test results
- Appointment & referral letters
- Imaging – USB or hard copy
- Medications
- Emergency contact details
- Accommodation details
- Reading glasses
- Notepad and pen to take notes during important appointments

Staying away from home

- Comfortable day wear
- Pyjamas
- Underwear
- Toiletries
- Hairbrush
- Electronic devices & charges
- Basic pantry items

Passing the Time

- Nutritious snacks
- Water bottle
- Books and magazines
- Headphones for your phone or tablet to listen to music or your favourite podcast series
- How about a journal or diary? Many travellers have shared with us how calming and empowering it can be to record your experiences when travelling for medical care.
- Craft, knitting and puzzles? These are excellent ways to relax, pass the time and to connect with others while waiting for appointments.