



YOUR PACKING GUIDE

Europe

Cobbled streets, long lunches and evenings at the opera. Europe rewards comfortable shoes and one or two beautiful outfits.

GOOD TO KNOW

Check your passport dates

For most of Europe, a UK passport must have been issued within the last 10 years and be valid for at least three months after the day you leave.

Bring your GHIC

Your Global Health Insurance Card gives access to state healthcare in the EU, alongside your travel insurance.

Keep valuables close

A cross-body bag with a zip is best in busy cities and on public transport.

Allow time at the border

The EU Entry/Exit System now records fingerprints and a photo at the border, so arrive with a little extra time. The FCDO travel advice has the latest on this and on ETIAS.

Cover up for churches

Many churches and cathedrals ask for shoulders and knees to be covered, so a light scarf is handy.

Your full checklist is on the following pages. Happy packing!

Anything you are unsure about? Just message me on WhatsApp: +44 7474 557378

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TRAVEL DOCUMENTS

- ☐ Passport, valid for at least six months after you return, with two blank pages
- ☐ Photocopies of passports, kept separately (and saved on your phone)
- ☐ Visas, eVisas or entry forms, with any supporting documents
- ☐ Flight tickets and boarding passes
- ☐ Hotel and transfer vouchers, downloaded in your Liv& Travel app
- ☐ Travel insurance policy and 24-hour emergency number
- ☐ Two bank cards and a little local currency
- ☐ Driving licence, and diving certification if you dive
- ☐ Vaccination records
- ☐ Emergency contacts, and a note of any allergies

CLOTHES, SHOES & ACCESSORIES

- ☐ Easy layers
- ☐ Comfortable, broken-in walking shoes
- ☐ A smart outfit for dinner or the opera
- ☐ Light rain jacket or umbrella
- ☐ Scarf or shawl for churches
- ☐ Swimwear for the spa or beach
- ☐ Sunglasses and sun hat (summer)
- ☐ Warm coat, hat and gloves (winter)
- ☐ Underwear and nightwear

ESPECIALLY FOR YOUR JOURNEY

- ☐ GHIC card
- ☐ Cross-body bag with a zip
- ☐ A few euros in coins
- ☐ Reusable water bottle
- ☐ European plug adaptor
- ☐ Restaurant and gallery wish list

ELECTRONICS

- ☐ Smartphone and charger
- ☐ Camera or GoPro, spare batteries and memory cards
- ☐ Universal travel adaptor
- ☐ Power bank
- ☐ Noise-cancelling headphones
- ☐ Tablet, Kindle or laptop, and chargers
- ☐ Waterproof phone case
- ☐ A multi-port USB charger

FOR THE JOURNEY

- ☐ Neck pillow
- ☐ Eye mask and earplugs
- ☐ Lightweight blanket or scarf
- ☐ Compression socks for long flights
- ☐ Reusable water bottle (empty for security)
- ☐ Flight snacks
- ☐ Travel notebook and pen
- ☐ Hydrating face mist and lip balm
- ☐ A change of clothes in your hand luggage

TOILETRIES

- ☐ Toothbrush and toothpaste
- ☐ Shampoo and conditioner
- ☐ Body wash or soap
- ☐ Deodorant
- ☐ Hairbrush or comb, and hair bands
- ☐ Razor and shaving cream
- ☐ Feminine hygiene products
- ☐ Contact lenses and solution, or glasses
- ☐ Make-up and grooming products
- ☐ Skincare and nail care
- ☐ SPF for face and body
- ☐ After-sun or aloe vera gel
- ☐ Clear 100ml liquids bag for hand luggage

MEDICATION & FIRST AID

- ☐ Prescription medication in original packaging, with a copy of the prescription
- ☐ Pain relief
- ☐ Daily supplements
- ☐ Rehydration sachets and anti-diarrhoea tablets
- ☐ Travel sickness remedies
- ☐ Antihistamines
- ☐ Insect repellent and after-bite
- ☐ Plasters and blister plasters
- ☐ A small first-aid kit
- ☐ Hand sanitiser

LIV & TRAVEL ESSENTIALS

- ☐ Liv& Travel wash bag
- ☐ Airalo eSIM, set up before you leave
- ☐ AirFly Bluetooth adapter for in-flight screens
- ☐ TSA-approved luggage locks
- ☐ Solis portable Wi-Fi hotspot
- ☐ Personal air purifier
- ☐ Dyson Airwrap
- ☐ DJI Mini drone (check local drone rules first)

BEFORE YOU LEAVE HOME

- ☐ Check the latest FCDO travel advice
- ☐ Let your bank know you are travelling
- ☐ Check in online as soon as it opens
- ☐ Download your itinerary and boarding passes to use offline
- ☐ Share your itinerary with family at home
- ☐ Set an out-of-office
- ☐ Arrange care for pets and plants
- ☐ Unplug appliances and lock up

ANYTHING ELSE

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