

Packing checklist

Please do not over-pack, flights in Australia often have a luggage limit of 20kg

Hand Luggage

- Passport
- Tickets
- Visa
- \$\$ for first weeks
- Driver's license
- Credit card
- Insurance details
- Host family contact details
- Laptop
- Mobile phone (unlocked)
- Camera
- Glasses (+extra pair)
- Sunglasses
- Contact lenses for first 2 weeks
- Medication
- Fresh undies & t-shirt or full change of light clothes

Clothes

It may be winter when you get here, and July/August can get quite cool in most of Australia so bring a coat and some jumpers. Not all homes have central heating.

Pack mostly practical stuff, jeans, shorts, t-shirts and flat shoes. In summer you can wear flip-flops (called 'thongs' in Australia) most days!

- Jumper
- Coat or jacket
- T-shirts
- Jeans
- Shorts
- Underwear
- Easy shoes
- Smart shoes

- Outfit for partying with friends
- Smart outfit (think school event or fancy restaurant with host family, special occasion)
- Swim suit
- Hat (sun protection)
- Sportswear

Toiletries & personal care

- Shampoo (small bottle for first week)
- Conditioner (as above)
- Moisturizing cream
- Tampons/sanitary towels
- Razor
- Sunscreen (high factor)
- Deodorant
- Contraception (get extra supply if using oral)
- Hair dryer/straightener + adapter (check with host parents if there is a spare in the house; these can be heavy)

Other handy items

- Beach bag and/or overnight bag
- Supply of contact lenses for duration
- Extension cable with multiple sockets; that way you only need one adapter and you can plug in several appliances at once
- Adapter
- Small note book and pen
- Gift for host family; small and easy to carry but specific to your country or city, be careful with food items, Australia has very strict quarantine rules
- Gift for young children; a small book with nursery rhymes is a great way to teach them a few words of your language
- Photos to put in your bedroom

Gift ideas for friends and family

- Laptop with built-in webcam (great for Skype!)
- Good pocket size camera
- E-reader/Kindle