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|  | **IMPORTANT DOCUMENTS** |  | **MISCELLANEOUS**  |
|  | Passport (even in China)  |  | Money belt |
|  | Flight/train tickets |  | Sun cream  |
|  | Insurance documents |  | Travel adaptors |
|  | Hotel address in local language  |  | Towel |
|  | Map |  | Toiletries |
|  | Driving licence (if planning to drive) |  | Local currency |
|  | Contact details of your school + TEIC |  | Travel money card/cheques |
|  |  |  |  |
|  | **TO DO BEFORE DEPARTURE** |  | **CLOTHING** |
|  | Check FCO travel advice website for country/region you are visiting |  | Suitable clothes for location (taking into account local culture/clothing expectation) |
|  |  |  | Sunglasses |
|  | **MEDICATION** |  | Towel |
|  | Mosquito spray  |  | Swimwear |
|  | Malaria tablets (if required)  |  | Toiletries |
|  | Water purification tablets (if required) |  |  |
|  | Any prescribed medication you need |  |  |
|  | Paracetamol/ibuprofen  |  |  |
|  | Diarrhoea tablets  |  |  |
|  | Rehydration powder |  |  |
|  | First aid kit |  |  |