

Name _____ Passport Number: _____
Event _____ From _____ to _____

EXPECTED WEATHER
Day temperature _____ Humidity _____ Altitude _____
Evening temperature _____ Rainfall _____

PREPARATION (DO)

- Passport check (in date)
- Visa and other travel documents
- Travel insurance
- Vaccines/malaria tablets
- Travel itinerary (travel/accommodation)
- Money/currency
- Acclimatisation and training plan
- Equipment
- Check in for flight
- _____
- _____
- _____

PREPARATION (FIND OUT)

- Language spoken
- Power adapter required
- Entertainment available
- Training surface/facilities
- _____
- _____
- _____
- _____

LUGGAGE RESTRICTIONS

USEFUL CONTACTS/INFO

Travel insurance _____

Bank Card _____

Credit Card _____

Team Manager _____

NOTES

FLIGHT INFORMATION

Booking ref _____

Airline _____

Out

Date _____

Dep time _____

Arrival time _____

Flight number _____

Rtn

Date _____

Dep time _____

Arrival time _____

Flight number _____

HAND LUGGAGE

<input type="checkbox"/>	Passport	<input type="checkbox"/>	
<input type="checkbox"/>	Travel documents	<input type="checkbox"/>	
<input type="checkbox"/>	Money	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
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<input type="checkbox"/>		<input type="checkbox"/>	
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<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

Suggestions: snacks, entertainment for journey, freshen-up toiletries, flight socks, essential training/competition kit, massage ball or foam roller. **Remember, no liquids or pastes greater than 100ml.**

CHECKED LUGGAGE

<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	
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<input type="checkbox"/>		<input type="checkbox"/>	

Don't forget: phone, laptop and camera chargers where applicable, stopwatch and other essential training equipment, entertainment for entire trip.