

ÚNA'S ÚLTIMATE TRAVEL CHECKLIST: PRE-TRAVEL

Time before departure	Tasks
6 weeks	<i>Commence vaccinations</i>
7 working days	Confirm dress code for gig - <i>order currency</i>
3 days	Do laundry - use up perishable food – buy any necessary items
1 working day	Ring bank – <i>buy printer ink - buy present for host - collect currency - get destination address</i>
Day of departure	Pack - <i>print online check-in</i>

PACKING

HANDBAG	MAIN BAG	CLOTHES	HARP CASE
Wallet	Journal + pen	Pyjamas	Harp
Cash	Creativity notebook + pencil	Knickers	Long legs
Credit cards	To-do list	Exercise gear	Allen key
European Health Insurance Card	Present for host	Sports bra	Microphones
Passport	<i>Photocopy of passport etc.</i>	Exercise top	Tuning key
Keys (inc. harp case key)	Toiletries	Shorts	<i>Sheet music</i>
Plane ticket / check-in	Toothbrush	Runners	<i>Spare harp strings</i>
Phone	Contact lenses	Socks	<i>Hair spray</i>
Phone recharger	Contact lens solution	Bikini	<i>Hair clips</i>
Plug adaptor	Contact lens case	Travel towel	
Glasses	Menstrual cup / sanitary products	Snow gear	
Spare set of contact lenses	Razor	Trousers	
Handmaster / tennis ball	Make-up	Fleecy top	
Comb	Bag for airport security	Thick socks	
Business cards	<i>Toothpaste</i>	Boots	
Earphones	<i>Perfume</i>	Thermal tops	
Water bottle	<i>Facewash</i>	Thermal longjohns	
A few protein bars	<i>Moisturiser</i>	Hat	
J-Pillow	<i>Shampoo + conditioner</i>	Coat	
<i>Address I'm travelling to</i>	<i>Exfoliating gloves</i>		
<i>Travel wallet</i>	Medical		
<i>Currency of destination country</i>	Probiotic		
<i>Medical insurance details</i>	Sunscreen		
	<i>Multivitamin</i>		
	<i>Painkillers</i>		
	<i>Anti-itch cream</i>		
	<i>Anti-insect spray</i>		
	Electronics		
	Laptop / iPad & keyboard		
	Laptop recharger		
	<i>External hard drive & cable</i>		

OUTFIT PLANNER

OUTFIT FUNCTION	Dress / shorts / skirt / trousers	Bra?	Shoes?	Long-sleeve top?	Cardigan?	Tights?	Hair accessory?	Scarf?
Travel								
Performance								
Day								
Day								
Day								
Day								

LEAVING THE HOUSE

Empty kitchen bins - Put all perishable food from fridge into freezer - Turn off all sockets EXCEPT for freezer
 Turn on email autoresponder - Set voicemail msg - GO! Drink water, move, and HAVE FUN! ☺