# Travel checklist

## Your passport details
- **Passport number:**
- **Date of Issue:**
- **Date of Expiry:**

Ensure that you carry all pages of your visa documents with your passport – **Do not pack them in your suitcase / luggage.** Carry a copy of your passport or other photographic ID with you.

## Travel Insurance
- **Insurance Policy Number:**
- **Date cover begins:**
- **Date cover ends:**

Take EHIC card if travelling to Europe

## Contact details at your host university
- **Name of contact:**
- **Email of contact:**
- **Phone number of International / Erasmus office:**

Try not to arrive on campus at night. If unavoidable ensure that exchange office advises on where to collect your key (for accommodation) and that you have the address/contact details easily to hand on arrival.

## Staying safe and healthy

**Are you currently receiving medication?**
- Yes ☐
- No ☐

If yes – Have you spoken to your GP so you can take your medication with you?

**Are you planning to travel whilst studying abroad?**
- Yes ☐
- No ☐

If yes:
- Leave details with your family and friends of where you are travelling to, with who, when, how, and provide them with a contact number where they can reach you in case of emergency.
- Before you travel, consult the [FCO website](https://www.gov.uk) for foreign travel advice.

**Are you looking for off-campus housing?**
- Yes ☐
- No ☐

If yes:
- Have you checked the area is safe? ☐
- Is the area well-lit and near public transport links? ☐
- Meet all new flatmates before you sign the tenancy agreement.

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**Plan your way home beforehand**

- **Reliable local taxi (check with host university):**
  - Company name:
  - Number:

- **Public transport**
  - Last train/tram/tube times:
  - Bus night times:

- **Do not hitchhike!**
- Don’t leave baggage unattended and keep valuables on your person. Be aware of pickpockets who operate in crowded areas.
- Be aware that laws regarding alcohol vary from each country or US state.
- Make sure you have enough money to cover emergencies and any unexpected delays.
- Ensure you have more than one means of payment with you (cash, debit card, credit card).
- Ensure you have written down emergency and other contact numbers on paper.
- Europe has a comprehensive rail network. For information on rail passes covering travel in up to 20 countries, have a look at [Eurail](https://eurail.com). The EU has a guide on your passenger rights when travelling by train.

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## Stay in touch

<table>
<thead>
<tr>
<th>Student Support at Sussex</th>
<th>Emergency enquiries</th>
</tr>
</thead>
<tbody>
<tr>
<td>P n: +44-1273-877466</td>
<td><strong>University of Sussex</strong></td>
</tr>
<tr>
<td>E: <a href="mailto:studentsupport@sussex.ac.uk">studentsupport@sussex.ac.uk</a></td>
<td>+44-1273-873333</td>
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</tbody>
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If you are abroad and need emergency help, please contact the nearest [British embassy, consulate or high commission](https://www.gov.uk), or your own embassy if you do not have British nationality.