

Packing Tips

Seasoned travelers will know these things for sure, but if you are spending a longer period abroad for the first time, the information below might be useful. Keep smiling, don't worry, try our ideas, develop your own and talk with others - just have fun preparing your trip and enjoy your stay!

Please feel free to e-mail any remarks to info@internshipsdownunder.com. We are happy to update this document!

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Ideas for where to put your things

Regarding the weight: you should be able to carry, lift and load your luggage on your own. Less is more! So pack similar colored clothes for a maximum of 7 days - you need to wash anyways - and restrict yourself on heavy items like gels/liquids or books.

When using a backpack, it might be a good idea to talk to a professional regarding where to pack what kind of items to avoid back problems as the packing technique varies depending on where you want to walk (or climb).

Regarding backpacks and suitcases with wheels, pack the heavy items rather low and close to the (your) back and lightweight items high and away from the (your) back. Anything you just carry in your hand should be packed evenly regarding the weight.

Keep also in mind if you need items before you can unpack. Use your day bag / hand bag or small bags outside your main luggage for such items if they have little (monetary) value as these are not very secure. Think also of purchasing a backpack that you can open like a suitcase. Take everything you might need and with value in your day bag when flying or using busses.

Within your main luggage:

- layer your clothes tightly or roll them tightly if you are unable to layer them
- fill your (clean) shoes
- use plastic bags for gels, liquids, wet and dirty items
- think of using special bags to pack kinds of items together (like underwear or t-shirts) when you plan on travelling for a longer period.
- use socks and other small items to squeeze around shoes, into corners and similar small spaces.
- leave room for your bathroom items
- spread thick or very large items (sarong, towels,...) across the whole suitcase or fold them tightly into your backpack

To think about when packing:

Books / Media

Today, airplanes offer a huge variety of **in-flight entertainment** and in many hostels, you find **book exchanges** including travel guides. Thus, we recommend book-lovers to take only 1-2 rather thin, lightweight paperbacks which you can exchange once you finished reading them. Store the music you like best on your player for the time you are Down Under and you are ready to go.

In every city are also second hand **bookshops** (ask around) where you can find bargain books. Bookshops selling new books are quite common, but keep in mind that books are rather expensive.

When buying expensive books, please think of what to do with them when you leave. You could try to sell them again but plan time and effort for this. Or you could take them home. Then think of luggage restrictions and posting costs. Consider using a **library** during your stay and if you really fall in love with a book, note down its author and title and buy it at home.

Libraries, at least in New Zealand, provide also free **internet** (WiFi and computers), which is great if you travel. (Otherwise, check out the next McDonalds or other free hotspots.)

When thinking of buying **DVDs**, keep the regional code in mind! The codes in America and Europe are different ones than the ones used in Australia and New Zealand. Check for region 0 DVDs which you can use everywhere or think of renting your DVDs. You can also sell or donate them when you leave.

The coding applies also to DVD players. So the one available at your accommodation might not be able to play the DVDs you brought from home - and your laptop might have difficulties playing the ones you got in Australia or New Zealand unless the player has the option to change the region. Just avoid alternating the regions too often because changes are usually permitted only a few times and you want to be sure that you can use the right region when you are back home.

CDs are not a problem at all regarding regions, so if you are still buying them: go ahead. Buying music and the like through internet is also no problem - except for the download limits and comparatively low internet speed. So put plenty of music on your mp3 player.

Clothing and Toiletries

Both, Australia and New Zealand, are developed countries where you easily buy any type and size of clothing, including a wide range of outdoor clothing, as well as toiletries. Therefore, we recommend you restrict yourself regarding these items and leave room for all the nice things you find Down Under and may want to take home with you.

Consider travel sized toiletries for the start - or regular sized but with multiple uses. For example a product that cleans and conditions your hair at the same time.

When you stay over 3 months, you are likely to expect a change of seasons. We recommend that you pack a light rain jacket and sweater for any rain or chilly evenings. Think of one set of summer clothing as well.

Pack your hat and sunglasses as well as a travel-size bottle of sunscreen for the first days! The sun can be quite strong even in Winter thanks to the clear air and due to the hole in the ozone layer.

Luggage

There are good arguments for and against using a **suitcase** (with wheels) **or backpack** for packing your things. This is why it strongly depends on what you plan on doing next to your internship and your overall travel preferences.

Consider the following questions when making a decision:

- Do you have already suitable luggage?
- Can you afford a combination of suitcase and backpack?
- How much of the overall weight limit do you want your suitcase/backpack to block?
- How do you prefer to carry luggage up some flights of stairs - dragging or carrying?
- What kind of trips do you want to do next to your internship?
- Do you want to use your luggage as a shopping trolley?

Apart from your main luggage, we recommend a **daypack** (small backpack) for day trips and flights. You should carry all valuables (like flight tickets, passport, wallet or electronic items). When flying, think of adding 1 change of underwear, moistening lotion or cream, perhaps a book and your personal medicine. When planning to sleep, add earplugs and an eye mask. When travelling with the bus, consider adding sunscreen, some snacks and water as well.

Consider packing a (non-plastic) bag that can be packed away when not used for groceries or similar.

Ladies, you may want to take a small handbag as well for going out.

Medicine

You can buy medicine at any pharmacy in Australia or New Zealand, thus restrict yourself to the medicine you need to take anyways (and the pill).

If you like to take a small (!) bag with medicines just in case you think you won't make it to the next pharmacy, we suggest you restrict yourself to whatever you prefer to use to cover small cuts, disinfection spray, travel sickness tablets and perhaps something against flu/cold or to strengthen your immune system.

Should you happen to get sick (mostly a flu/cold from the climate change or travelling or a headache from too much partying) you can always go to the next pharmacy and buy what you need. Staff there will also advise you on suitable medicine for your symptoms or recommend going to a doctor. (Therefore, think of health insurance for your stay!)

Special gear

Thinking of packing your camping gear, surfboard, wetsuit or other gear? Then keep in mind that you can buy or rent it as well in Australia or New Zealand. So unless it is made for you or you cannot imagine life without it (or with a substitute): we recommend leaving it at home.

However, what you should get (see also our 'What to take' list) is swimwear, whatever you prefer to protect yourself from the sun and what makes you sleep undisturbed. That is sunscreen, hat, glasses, earplugs, eye mask or similar products. The sun is strong and rooms are usually not sound-proof (not to speak of hostels once you travel).