

Below, you find a list of items to take with you for a great experience Down Under. Make sure you **have all items** in the 'Essentials', 'Papers/money' and 'Electronics' categories as well as your **personal medicine** in your **hand luggage**.

You can use the rest of the checklist as an indication for what to pack in your bag. Feel free to modify the list to suit your needs and your internship placement but keep in mind that you can buy basically everything once you arrive. Think also of the **luggage restrictions**. In most cases, you are only allowed one piece of checked in luggage of 20 kg (medium/large backpack or suitcase - think of the weight of the suitcase!) and one piece of cabin luggage of 5-8 kg (day bag, small trolley) plus a laptop case or large camera case or (thick) jacket. You find details regarding these limits with your flight ticket information. Please read also our [tips for packing](#).

Essentials

Passport
Driving license
Print-out of visa
Flight tickets
Insurance police
Doctor's letters*
A big smile

Papers /money

Wallet/purse
Passport-size photographs
Home address + telephone
Addresses of friends/family
Debit Card
Credit Card
Telephone banking details
Internet banking details
Copies of documents
Photographs of family/...
Pen + notebook

Clothes

Spare shoes
Nice shoes
Thongs/flip-flops
Socks
Short trousers / skirt
Nice trousers/skirt
Long trousers
Underwear
Nice blouse/shirt
T-Shirts
Sweaters
(Rain-) jacket
Shawl/Sarong/hat
Swimwear

Suit / formal clothing*

Toiletries

(Spare) glasses + case*
Contact lenses + solution*
Toothbrush + case
Toothpaste
Toothpicks or floss
Razor + blades + mousse
Shampoo/conditioner
Shower gel
Sunscreen + after sun lotion
Small mirror
Nail file + clippers
Tweezers
Basic make-up
Deodorant
Sanitary napkins/tampons
Tissues
Lip balm, hand cream
Cotton swabs
Hairbrush/comb
Hairstyling products
Towels

Health

Small first aid kit
Disinfection spray
Band aid/plaster
Small scissors
Anti-mosquito spray
with Deed
Anti-itch gel
Condoms
Anti-travel sickness tablets
Diarrhea inhibitor
Flu/Cold tablets

Headache tablets
Vitamin supplement
Chewing gum
Personal medicine*

Electronics

Laptop + charger
Camera + spare battery
Memory cards
Memory stick
MP3 player/Ipod + charger
(Unlocked) mobile phone
+ charger
Watch
Travel alarm clock
Copies of receipts
Manuals
Spare batteries

Other

Backpack/suitcase
Day pack, handbag
Cushion cover
Travel pillow
Sunglasses
Address book
Diary
Games
Padlock + keys
Torch/flashlight
Earplugs
Eye mask
Small sewing kit
Shoe laces
Binoculars
Surfing/skiing/... gear*

*if necessary