Work exchange packing list

SHOESTRING ATLAS · TRAVEL FOR LESS

Everything for a few months of work exchange, packed to fit in a cabin bag. Tick things off as you pack.

Documents and money

- [ ] Passport, valid for at least 6 months after you get home
- [ ] Driving licence, if you might rent a car or scooter
- [ ] Travel insurance details, saved offline
- [ ] Main bank card, plus a backup card kept somewhere else
- [ ] A little cash in euros for arrival
- [ ] Photos of your passport and cards, saved on your phone and in the cloud
- [ ] Host addresses, phone numbers and confirmations, saved offline

Tech

- [ ] Phone and charging cable
- [ ] eSIM installed and tested before you leave
- [ ] Power bank
- [ ] Plug adapter (most of Europe uses two-pin plugs)
- [ ] Headphones
- [ ] Offline maps and translation packs downloaded

Toiletries and health

- [ ] Toiletries in bottles of 100ml or less for hand luggage
- [ ] Sun cream
- [ ] Insect repellent
- [ ] Small first aid kit: plasters, blister pads, painkillers
- [ ] Any prescription medicine, with a copy of the prescription
- [ ] Toothbrush, toothpaste, deodorant, razor

Clothes (about a week's worth)

- [ ] 5 to 7 tops
- [ ] 1 or 2 pairs of trousers or shorts
- [ ] Old clothes for messy jobs (painting, gardening, animals)
- [ ] Underwear and socks for a week
- [ ] Warm layer, like a fleece or jumper
- [ ] Light waterproof jacket
- [ ] Swimwear
- [ ] Something to sleep in
- [ ] Sturdy closed shoes for work and hiking
- [ ] Sandals or flip-flops
- [ ] Hat and sunglasses

Work exchange extras

- [ ] Work gloves
- [ ] Head torch
- [ ] Quick-dry towel
- [ ] Reusable water bottle
- [ ] Padlock for hostel lockers
- [ ] Earplugs and eye mask
- [ ] Small daypack for days off
- [ ] Travel wash or laundry soap
- [ ] A small gift from home for your hosts

Before you go

- [ ] Check your passport's expiry date and the entry rules for each country
- [ ] If your passport needs it, count your Schengen days (90 in any 180)
- [ ] Buy travel insurance that covers volunteering, or check your bank's cover
- [ ] Check which countries your eSIM plan covers
- [ ] Check your airline's cabin bag size and weight
- [ ] Check your card's fees abroad and cash machine limits
- [ ] Confirm your first host and how to get there from the airport or station
- [ ] Save emergency numbers (112 works across the EU; check local numbers elsewhere)