

# The Rules

(read this before you pack)

## Rule 1: Pack for laundry, not for fear.

If you can wash clothes, you don't need 14 outfits.

## Rule 2: If it doesn't do 2 jobs, it doesn't come.

Every "single-use" item is a future regret.

## Rule 3: Comfort beats aesthetics.

Blisters and back pain don't care about your vibe.

## Rule 4: Your bag is a daily tax.

Extra weight costs you money, time, energy, and mood—every single day.

## Rule 5: You're not "being prepared," you're overpacking.

If you've said "just in case" more than twice, you're lying to yourself.

IMMIGRATION OFFICE



\*\*\* ARRIVAL \*\*\*

✓ checklist

# documents

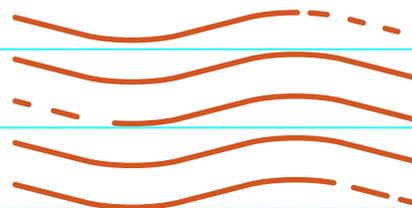


- passport + any required visas
- tickets
- travel insurance details
- hotel voucher
- Credit card + I backup card
- Some cash (small notes)
- medical prescriptions
- international driver's license
- medical prescriptions



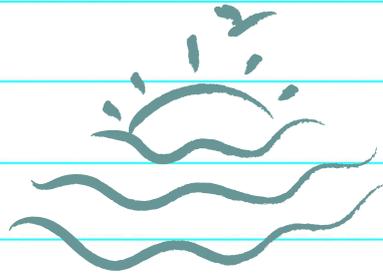
# clothes

- pajamas
- 4-6 tops you can re-wear
- 2 bottoms
- 1 light jacket/hoodie
- Underware
- socks
- 1 swim option
- 1 main walking shoes
- 1 second pair (sandals/flip-flops)
- belts, gloves and hat
- dresses
- shorts



# electronics

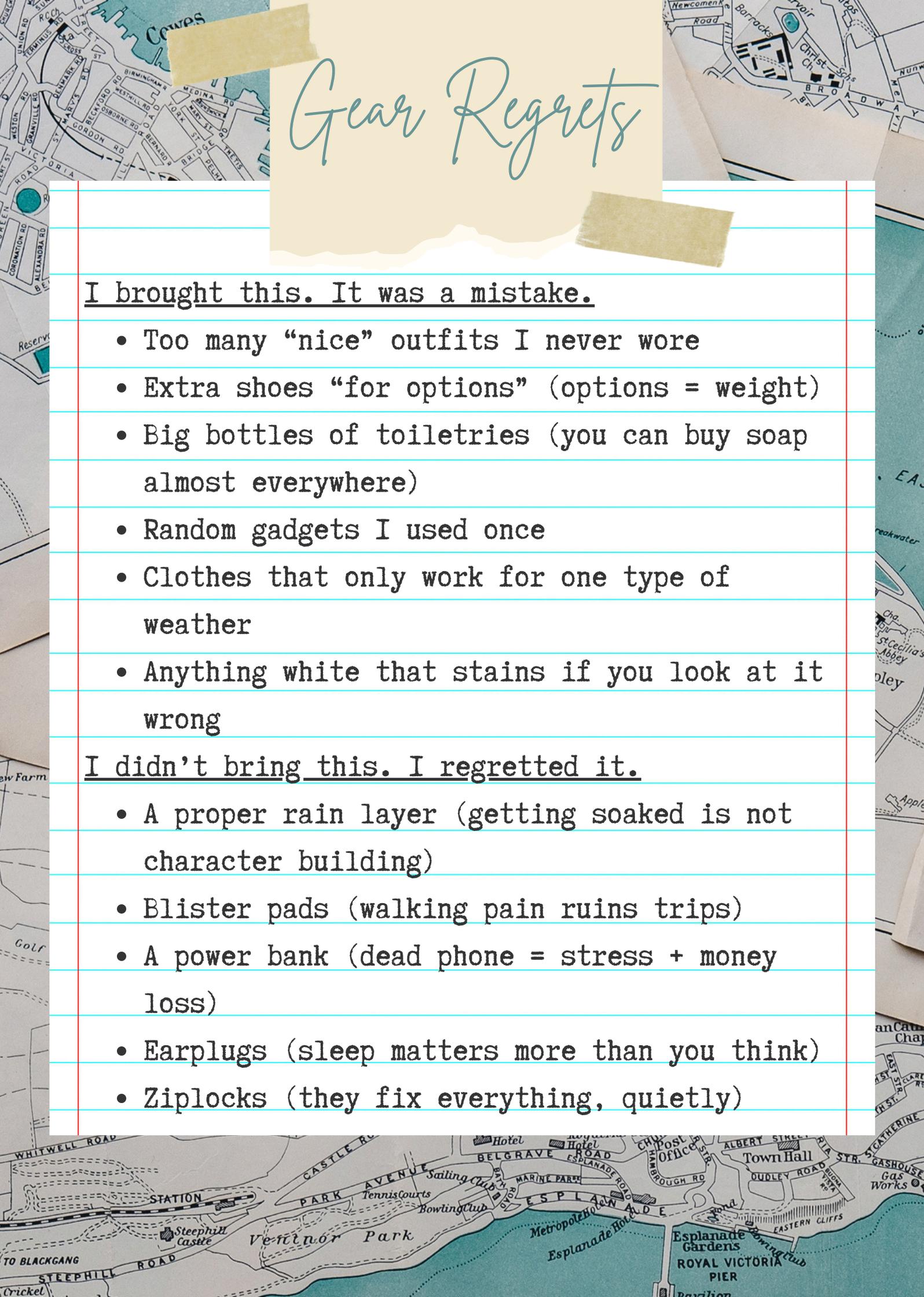
- camera
- cell phone
- computer
- chargers
- earphone
- batteries
- plug adapter



# personal items

- prescription drugs
- Sunscreen (don't skip)
- toothbrush and toothpaste
- insect repellent
- hairbrush + hair products
- deodorant
- perfume
- skin care
- sunglasses
- soap
- earplugs
- Razor / minimal grooming
- Small laundry detergent sheets or a tiny bottle.



The background features a collage of various maps. At the top left, a map shows streets like 'BIRMINGHAM' and 'MEDINA RD'. At the top right, a map shows 'Christ Ch' and 'Barracks'. At the bottom, a larger map shows 'Veninor Park', 'Esplanade Gardens', and 'ROYAL VICTORIA PIER'. A piece of light-colored paper with a scalloped edge is pasted in the center, containing the title and two lists of gear regrets. The title 'Gear Regrets' is written in a blue cursive font. The first list is under the heading 'I brought this. It was a mistake.' and the second list is under 'I didn't bring this. I regretted it.'.

# Gear Regrets

## I brought this. It was a mistake.

- Too many “nice” outfits I never wore
- Extra shoes “for options” (options = weight)
- Big bottles of toiletries (you can buy soap almost everywhere)
- Random gadgets I used once
- Clothes that only work for one type of weather
- Anything white that stains if you look at it wrong

## I didn't bring this. I regretted it.

- A proper rain layer (getting soaked is not character building)
- Blister pads (walking pain ruins trips)
- A power bank (dead phone = stress + money loss)
- Earplugs (sleep matters more than you think)
- Ziplocks (they fix everything, quietly)

# Quick Adjustments

## Hot / Humid

- Prioritise breathable fabrics
- Bring rehydration salts
- One extra top (sweat is real)

## Cold

- Add: thermal base layer + warm socks + gloves/hat
- Layering beats bulky coats

## Conservative Countries

- Add: light long-sleeve + long trousers/skirt option
- Bring a scarf (instant respect + practical)

## One-Bag Travel

- Cut shoes to 1 pair + sandals
- Cut tops to 4
- Commit to laundry

## Filming Days

- One reliable mic (if you use it)
- One small tripod/grip
- Extra battery/power bank (non-negotiable)

