**Personal survival guide**

Read the FCO guidance about the country/locality you are visiting.

https://www.gov.uk/foreign-travel-advice

Don’t forget a jacket and tie, in case there are formal occasions you’ll need these for. In addition, you will probably need the following, in addition to your ‘phone:

Money-related:

* Dollars; local currency often not available in the UK!
* Know where ATMs are, credit cards are infrequently accepted; often no contactless!
* A spare wallet to put your local currency in.
* A small rucksack you can carry your valuables around in, and which you can take around and into theatre with you. Many hotels don’t have safes, and hospitals lockers, so the pack helps in ensuring you take your valuables back home with you!

Health-related:

* Baby or festival wipes. Water in the hotel and hospital may be non-existant.
* Alcohol gel - Money is often filthy, and the commonest vector for diarrhoeral illnesses. Gel after any handling of money, and use it once you’ve seen patients!
* Sunscreen/hat for the odd occasion you get out in daylight.
* Malarial prophylaxis - Maloff can be bought over the counter in the UK; start 48 hours before going. Doxycycline can be bought locally in many places, but increases light-sensitivity.
* Take insect repellent that suits your skin and think about a mosquito net.
* Travel towel.
* Safety glasses for theatre.

Leisure-related:

* Head torch in case there is no electricity at the hotel and you want to read
* Torch, as there is limited street lighting if you go out in the evenings.
* Powerbank, phone and tablet chargers.
* Camera
* Pack of cards and book, or Kindle, for quiet evenings
* Running/walking shoes

Things to take with the intention of leaving behind when you return home:

* Theatre scrubs/shoes /masks/hats/aprons.
* Old copies of FRCS Urol revision books and EAU pocket guidelines for the trainees
* USB drives containing teaching resources

All of these are highly prized by your local colleagues!