

## Personal survival guide 2025

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

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

Don't forget a jacket +/- tie, in case there are formal occasions you'll need these for. Ties are worn less frequently than they used to be. In addition, you will probably need the following:

### Communication

- Phone, charger, power bank. Consider a spare 'phone in case yours is stolen.
- Think about a data only SIM/eSIM dependent upon how long you are going to be in country (See 'Logistics & Planning Your Visit' on the Urolink '[UK Urologists working abroad](#)' page).
- Upload Google Lens/Translate.

### Money-related:

- Dollars always useful; local currency often not available in the UK!
- Know where ATMs are, credit cards are variably 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, or hospitals lockers. So, a pack helps ensure you take your valuables back home with you!

### Health-related:

- Baby, or festival, wipes.
- Take water whenever you can from the hotel. It may be non-existent in the hospital.
- Disposable gloves. Have a supply with you for patient contact.
- Alcohol gel - Money is the commonest vector for diarrhoeal illnesses. Gel after handling any money and after seeing patients!
- Advice about 'bowel management' can be found at [Nice 'Clinical Knowledge Summaries'](#).
- Sunscreen/hat for the odd occasion you get out in daylight.
- Malarial prophylaxis: Highstreet pharmacies now have online facilities which are quick and good value. Maloff can be bought over the counter in the UK. Doxycycline can often be bought locally but increases light-sensitivity. Start each 48 hours before travelling.
- Take insect repellent that suits your skin and use your mosquito net (see below).
- Travel towel +/- plug!
- 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.
- Camera. Laptop/Pad. Connecting cables.
- Plug adaptors. [Try this website](#) to check which are needed in the country you're visiting.
- 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, plus any disposables you don't use.
- USB drives containing teaching resources or free teaching links that can be disseminated.

All of these are highly prized by your local colleagues!

## How to use a circular mosquito net

This short 'tutorial' on how to use a circular mosquito net effectively was written by Will Finch and Steve Payne and may be useful to those not versed in the art! It will help you avoid those difficult moments when you wake up at 1 in the morning with a buzzing in your ear!



Unfurl your net hanging from the circular ring that supports it from the ceiling. Turn the net so that the opening is where you want to get out of bed.



Tuck the net behind your pillows, or behind the bedhead if you can pull the bed away from the wall, leaving a third of the net alongside the side of the mattress. Then start tucking the net under the foot of the bed, bottom left, then bottom right making sure that these tucks are 'tensioned' leaving plenty of net on the side that will act as your 'door'. Have enough net to be able to safely overlap the net back towards the top corner of the bed. This should help keep you safe!