

30-21 DAYS OUT: LOCK THE FOUNDATIONS

A calm, week-by-week checklist from Outbound Lynx

BOOKINGS

- ☐ Confirm transport and accommodation
- ☐ Reserve timed-entry sights and permits
- ☐ Check cancellation deadlines
- ☐ Save confirmations offline

DOCUMENTS

- ☐ Check passport or ID validity
- ☐ Review visa and entry rules
- ☐ Buy appropriate travel insurance
- ☐ Store emergency and policy numbers

PLAN

- ☐ Choose three trip priorities
- ☐ Sketch a flexible day-by-day outline
- ☐ Check local closures and seasonal constraints

20-14 DAYS OUT: REDUCE THE FRICTION

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MONEY

- ☐ Tell your bank if needed
- ☐ Check card fees and daily limits
- ☐ Plan a small cash reserve
- ☐ Set a realistic daily budget

HEALTH

- ☐ Refill prescriptions
- ☐ Pack a compact first-aid kit
- ☐ Check destination health guidance
- ☐ Save insurance details offline

PHONE

- ☐ Choose roaming, eSIM or local SIM
- ☐ Download offline maps
- ☐ Back up photos and documents

13-7 DAYS OUT: PACK WITH PURPOSE

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CLOTHING

- ☐ Check the actual forecast
- ☐ Build a small mix-and-match capsule
- ☐ Add one weather layer
- ☐ Wear-test the walking shoes

GEAR

- ☐ Charge and test electronics
- ☐ Label adapters and cables
- ☐ Pack a reusable bottle and day bag
- ☐ Weigh the main bag before departure day

AT HOME

- ☐ Arrange pets, plants and mail
- ☐ Share the itinerary with a trusted contact
- ☐ Schedule bills due while away

FINAL 48 HOURS: MAKE DEPARTURE BORING

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CARRY-ON

- ☐ ID, wallet and travel documents
- ☐ Medication and one change of clothes
- ☐ Chargers, battery pack and headphones
- ☐ Water bottle empty for security

LAST LOOK

- ☐ Check live transport status
- ☐ Confirm the first-night address
- ☐ Take photos of luggage and documents
- ☐ Lock windows, unplug and set lights

LEAVE

- ☐ Keys and phone in the same known pocket
- ☐ Arrive with buffer time
- ☐ Go enjoy the trip you planned