

Pre-Departure Prep Timeline

Module 4 - Practical Travel Preparation • Around the World with Rob

Use this as a calm runway. Not everything needs to be perfect. The goal is to remove the stuff that creates panic (documents, money access, health basics).

How to use this

- Start at the time window that matches your reality.
- Circle the 5 tasks that would hurt the most if you skipped them.
- Do one short session per day instead of one giant meltdown weekend.

Timeline checklist

When	Task	Notes	Done
8-12 weeks	Check passport validity and renew if needed		<input type="checkbox"/>
8-12 weeks	Shortlist countries and confirm visa rules		<input type="checkbox"/>
8-12 weeks	Book key first-night accommodation (and proof of onward travel if required)		<input type="checkbox"/>
6-8 weeks	Start travel insurance research and choose coverage		<input type="checkbox"/>
6-8 weeks	Medical: routine check-up + prescriptions (if applicable)		<input type="checkbox"/>
6-8 weeks	Banking: tell banks, confirm card limits, order backup card		<input type="checkbox"/>
4-6 weeks	Create your document backup system (scans + folder structure)		<input type="checkbox"/>
4-6 weeks	Set up money plan: emergency fund + access to cash		<input type="checkbox"/>
4-6 weeks	Tech: decide phone plan strategy (eSIM/SIM), check unlock status		<input type="checkbox"/>
3-4 weeks	Build a packing draft list (then remove 20 percent)		<input type="checkbox"/>

3-4 weeks	Buy/replace critical gear (shoes, pack, adapters) with time to test		<input type="checkbox"/>
2-3 weeks	Book or plan first week transport (airport transfer, first train/bus)		<input type="checkbox"/>
2-3 weeks	Home admin: hold mail, cancel/sublet, notify landlord, set auto-pay		<input type="checkbox"/>
1-2 weeks	Tech setup: passwords, 2FA, backups, offline maps		<input type="checkbox"/>
1-2 weeks	Print a small emergency sheet (contacts + policy numbers) as backup		<input type="checkbox"/>
1 week	Do a full pack test and carry the bag for 20 minutes		<input type="checkbox"/>
3-5 days	Laundry, final shopping, and confirm airport/transport details		<input type="checkbox"/>
24 hours	Charge everything, download tickets, and screenshot essentials		<input type="checkbox"/>

Your personal top-10 (write it down)

What are the 10 things that must be done for you to leave calmly?

#	Task	Done
1		<input type="checkbox"/>
2		<input type="checkbox"/>
3		<input type="checkbox"/>
4		<input type="checkbox"/>
5		<input type="checkbox"/>
6		<input type="checkbox"/>
7		<input type="checkbox"/>
8		<input type="checkbox"/>
9		<input type="checkbox"/>
10		<input type="checkbox"/>

Small rule: if you do nothing else, lock documents + money access + health basics. Everything else can be improved on the road.