



A FREE GUIDE FROM
NORTHWINDS TRAVEL CO.

The First-Time Traveler's Handbook

*Tips, visas, packing, and travel done well — the calm
version of every first trip.*



CREATED BY THE NORTHWINDS TRAVEL TEAM
Headquartered in Nairobi, Kenya · Routed worldwide

A NOTE FROM NORTHWINDS

Travel rarely arrives on its own.

Most first trips happen in a rush. A passport that took longer than expected. A visa application read at midnight. A flight booked because the deal was about to expire. A packing list copied from the internet at 2 a.m. the night before departure.

This handbook is the calm version of all of that.

We wrote it for travelers planning their first real journey — a leisure trip, a family visit, a study program, a medical consultation, or simply the first time crossing a border alone. It covers the things people quietly worry about but rarely ask: how much money to bring, how to survive a long flight, what to do if your passport disappears, how to feel safe when you're alone in a new country.

What you'll find here isn't theory. It's the same checklist, sequence, and quiet concierge we give the families and individuals who come to us through our private travel desk in Nairobi.

By the last page, you'll know what to do, in what order, with what documents, at what cost. And when you're ready for the next trip to feel effortless — we're a single message away.

— *The Northwinds Travel Co. team*

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Let Northwinds Take It From Here



PART ONE

Before You Even Pick a Destination

Most trips are decided before they begin.

The first decisions are quiet ones — and they shape everything that follows.

CHAPTER 01

The seven questions that shape every good trip

Travelers usually start with a destination. We start with seven questions. Answer them honestly and the destination will pick itself.

The seven questions

- **Budget.** Not just the headline number — flights, accommodation, food, ground transport, visa, insurance, spending money, and a 15% contingency. Write the total before you write the destination.
- **Time.** How many days do you actually have, end to end, including travel days on each side? A 7-day trip is really 4-5 days of real travel after factoring in flights and recovery.
- **Purpose.** Rest? Adventure? Family? Curiosity? Medical? A celebration? The purpose decides the pace.
- **Pace.** One city, deeply — or three cities, quickly? Most first-time travelers overpack the itinerary and underestimate the recovery.
- **Season.** When you go matters as much as where. Off-season can mean half the price and twice the experience — but check why it's off-season before you book.
- **Companions.** Solo, with family, with a partner, with a group? Each shifts the budget, the pace, the documentation, and the choice of where to stay.
- **Comfort.** What's the minimum standard that lets you sleep, recover, and enjoy the trip? Be honest. This is not the trip to discover you need air conditioning.

How to use them

Write the answers down. Once you have all seven on paper, the destination becomes obvious — and the destinations that don't fit fall away. Most disappointing trips fail because one of these questions was never asked.

“The destination is downstream. The decision is upstream.”

CHAPTER 02

Choosing your first destination

Some countries are forgiving to first-time travelers. Others reward experience. Knowing the difference saves the trip.

Easier first destinations

Countries with strong tourism infrastructure, English widely spoken (or signage in English), visa-free or simple e-visa, safe public transport, and accessible healthcare. They give you room to make mistakes.

- Within Africa: South Africa, Mauritius, Rwanda, Tanzania, Morocco.
- Beyond Africa: United Arab Emirates, Turkey, Thailand, Singapore, Malaysia, the United Kingdom.

Medium difficulty

- Schengen Europe (visa required from many passports — beautiful but bureaucratic).
- The United States and Canada (high reward, complex visa interview process).
- India (extraordinary, but intense for a first trip — go with a planner).

Harder first destinations

Countries with weaker tourism infrastructure, complex visa regimes, or language barriers that affect daily logistics — China, Russia, Iran, much of Central Asia. These reward experienced travelers. They are not first trips.

The honest test

Imagine yourself ill, lost, or out of cash in your chosen destination. Can you picture the next step calmly? If yes — go. If not, choose somewhere easier first, and come back to that destination once you have a stamp or two.

CHAPTER 03

How much it actually costs

Most first-time travelers underestimate the total cost by 25-40%. The published price of a flight is the smallest piece.

The honest budget

- **Flights** — including baggage fees, seat selection, and a possible date change.
- **Accommodation** — including taxes, resort fees, breakfast, and tips.
- **Visa** — application fee, courier, biometric appointment, photographs.
- **Travel insurance** — usually \$30-\$120 depending on age, duration, and coverage.
- **Ground transport** — airport transfers, intercity travel, taxis, local transit.
- **Food** — breakfast, lunch, dinner, drinks, snacks. Use the cost of a mid-range restaurant meal × 3 × days.
- **Activities** — entry tickets, tours, experiences, gratuities.
- **Communications** — eSIM or local SIM, roaming if needed.
- **Spending money** — gifts, mementos, the unplanned-but-perfect lunch.
- **Contingency** — 15% of the above. Always.

A quick benchmark

For a first international trip of 7-10 days, total realistic budgets typically land between \$1,800 and \$4,500 per traveler, depending on destination and comfort tier. That's not a quote — it's a sanity check. If your number is wildly below that, something is missing.

“The cheapest trip is the one you don't have to cut short.”



PART TWO

Documents & Visas

The paperwork is rarely the problem. The pace of the paperwork is.

Start earlier than you think. Every document has a queue.

CHAPTER 04

Your first passport — what to do, what to bring

Passports are issued by your country of citizenship. Timelines vary, but the principle is the same everywhere: it takes longer than you expect, and the documents people forget are the same ones every time.

What you'll typically need

- Birth certificate (original and a clean copy).
- National ID card (where applicable).
- Two recent passport photographs against a plain background — sized exactly to your country's requirement.
- Proof of address (utility bill, lease, or bank statement).
- Application fee — exact change or correct payment method.
- For minors: parental consent, both parents' IDs, the child's birth certificate.

Timelines

Most countries issue first passports within 4-8 weeks under normal processing, with expedited options at higher fees. Apply at least 12 weeks before you intend to travel — and 16 weeks if your country is going through high demand.

Common mistakes to avoid

- Photographs that don't meet the exact specifications — wrong size, wrong background, smile too wide, glasses on.
- Forms filled in pencil, with corrections, or signed in the wrong colour ink.
- Missing original documents — bring originals AND copies. They will only keep copies.
- Applying too close to travel. The expedited fee saves days, not weeks.

CHAPTER 05

Visa basics — what kind do you need?

Visas come in four broad shapes. Knowing which one applies to your destination saves time, money, and a lot of anxiety.

The four categories

1. Visa-free

You arrive with just your passport. The officer stamps you in, often for 30-90 days. Easiest of all.

2. Visa on arrival

You arrive without applying in advance and pay a fee at the airport for a stamp. Carry exact cash in the destination currency (or USD where accepted), proof of return ticket, and proof of accommodation.

3. Electronic visa (e-visa or ETA)

You apply online before you travel, pay the fee, and receive a digital authorization to fly. Always print a copy and save a digital one. Apply at least 2-4 weeks ahead.

4. Full visa application

You apply at the destination country's embassy or consulate, submit documents in person or by appointment, sometimes attend an interview, and wait. Timelines range from 3 days to 12 weeks. Start at least 3 months ahead.

Find your category

Search your passport's country + your destination + 'visa requirements 2026'. Always confirm on the destination embassy's official website — never rely on travel forums alone, even ours. Rules change.

CHAPTER 06

What consulates actually want to see

Visa officers are not trying to refuse you. They are trying to verify three things: that you are who you say you are, that you have a real reason to visit, and that you will return home when your visit ends.

Build your application around three questions

Who are you?

Valid passport with at least 6 months' validity beyond your travel date. Two blank pages. Recent photographs to specification. National ID or supporting documents.

Why are you going?

A flight itinerary (held or paid). Hotel bookings or invitation letter from a host. A clear travel plan — even a one-page itinerary helps. If it's a business or family trip, supporting documents from the inviting party.

Will you come back?

Employment letter on company letterhead, or business registration if self-employed. Bank statements covering 3–6 months showing consistent income and a healthy balance. Proof of ties to home — property ownership, family commitments, ongoing studies.

Common reasons applications are refused

- Inconsistencies — names, dates, addresses that don't match across documents.
- Weak financial documentation — irregular deposits, low balance, no clear income.
- Travel history gaps — first international trip is harder; build a history with easier visas first.
- Generic cover letters — write a clear, specific letter explaining the purpose and dates.
- Applying too late — embassies hate rushed applications and will refuse rather than process under pressure.

“A refusal is not the end. It's a lesson — and almost always reversible with a stronger application.”



PART THREE

Booking the Trip

*How and when you book changes the trip more than where.
Most of the savings — and most of the regrets — happen here.*

CHAPTER 07

When to book, when to wait, and why 'deals' aren't

Airline pricing is dynamic, opaque, and designed to extract maximum revenue from the moment you show interest. Knowing the rhythm helps.

The booking windows that matter

- **International leisure:** book 8-12 weeks out. Earlier rarely saves you money; later usually costs more.
- **Peak season (summer, December, school holidays):** book 4-6 months out. Prices only rise from there.
- **Domestic / regional:** 3-6 weeks out is usually the sweet spot.
- **Last-minute:** almost never cheaper. The narrative of last-minute deals is mostly a myth.

'Deals' that aren't

- Flights without checked baggage — the fare is half, the total cost is the same.
- Hotels with resort fees, parking fees, and tourism taxes added at checkout.
- Currency conversion at the OTA's rate — often 3-5% worse than your card's rate.
- 'Free cancellation' that isn't — read the date the free window ends.

How to actually save

- Search in incognito mode and clear cookies before re-checking.
- Compare directly with the airline after finding a deal on an aggregator.
- Use the destination's local OTAs for accommodation — often cheaper than the global ones.
- Book flexible dates if you can — Tuesday-Wednesday departures are usually cheapest.

CHAPTER 08

Accommodation, insurance, and the pre-trip checklist

The trip you remember is largely decided by where you sleep and what's covered if something goes wrong.

Choosing accommodation that won't disappoint

- Read reviews from the last 60 days only — older reviews describe a hotel that may no longer exist.
- Filter by your real priorities — air conditioning, elevator, walking distance to transit, breakfast included.
- Look at the worst photographs, not the best ones. Hotels show their best face; reviewers show the truth.
- Verify the address on a map — some 'central' hotels are 40 minutes from the centre.

Travel insurance — the real essentials

- **Medical emergency cover** — minimum \$100,000, ideally \$250,000+. Hospitals abroad bill in days, not months.
- **Medical evacuation** — this is the expensive one. Make sure it's covered.
- **Trip cancellation and interruption** — covers you if something at home forces you to abandon the trip.
- **Baggage loss** — modest coverage is fine; major loss is rare.
- Read the exclusions. Most policies exclude 'pre-existing conditions' and 'adventure activities' unless specifically added.

The 14-day pre-trip checklist (a quieter version)

- Confirm passport, visa, insurance, vaccinations.
- Print everything and save a digital copy in your email.
- Notify your bank of travel dates.
- Set up an eSIM or arrange a local SIM at arrival.

- Share your itinerary with someone you trust.
- Check baggage allowance — domestic, international, and any connection.
- Confirm seat selection and meal preference.
- Pack 36 hours before departure, not on the morning of.



PART FOUR

At the Airport & On the Plane

The airport day starts the trip. Or unmakes it.

Calm here means calm everywhere else.

CHAPTER 09

Arriving at the airport

Timing, security, immigration, and what to wear all matter more than most first-timers realize.

How early to arrive

- **International flights:** 3 hours before departure. Always. Earlier in peak season.
- **Long-haul:** 3-3.5 hours — visa checks, baggage tagging, and security all stretch.
- **Connections under 90 minutes:** assume your bags won't make it. Pack a small carry-on with essentials.

What to wear and carry

- Comfortable clothes that you can sleep in. Long flights are not the time for tight jeans.
- A light layer — planes are cold.
- Closed shoes that slip on and off easily for security.
- A small carry-on with: passport, visa printouts, second form of ID, all medications, phone charger, eSIM details, a change of underwear, a toothbrush, and a water bottle.

Security — the quick rules

- Liquids: containers under 100ml, all in a clear bag, removed from your luggage.
- Laptops and large electronics out separately.
- Belts, watches, large jewellery, and coins in the tray.
- Power banks in carry-on, not checked baggage. Always.

CHAPTER 10

Long flights without misery

Sleep, hydration, and movement turn a brutal flight into a survivable one. None of these are luxuries — they're the difference between landing tired and landing wrecked.

The five-hour rule

On flights over 5 hours, drink water every hour, walk the cabin every 2 hours, and avoid alcohol and salty food. Alcohol at altitude dehydrates twice as fast.

Sleep, if you can

- Eye mask, neck pillow, noise-cancelling earbuds or foam earplugs.
- Loose, layered clothing.
- Avoid caffeine within 6 hours of intended sleep time.
- Stay hydrated — paradoxically, this helps you sleep better.

Jet lag

Eastbound flights are harder than westbound. The general rule is one recovery day per time zone crossed. On the flight, adjust to the destination's clock — sleep when they sleep, eat when they eat. Get sunlight on arrival.

“The body remembers the long flight for 48 hours. Treat the first 48 hours kindly.”

CHAPTER 11

Connecting flights, immigration, and the questions you'll be asked

The transit airport is its own country. The customs officer is a person with a job. Both go better with preparation.

Connections that work

- Minimum 90 minutes for international-to-international with the same airline; 2.5 hours if switching airlines or terminals.
- Always check whether you need to re-clear security and customs at the connection — many travelers don't and miss flights.
- If your first flight is delayed and you'll miss the connection, find the airline's transfer desk before you panic. They almost always re-route you.

Immigration — the questions

Immigration officers ask three things, in some form: **why are you here, where are you staying, when do you leave?** Answer briefly, calmly, with a smile, and with documents ready if asked. Don't volunteer extra information. Don't make jokes.

Customs

- Declare everything you're required to declare — currency over limits, food items, electronics.
- Carry receipts for expensive items if you're worried about being charged duty.
- If you're unsure whether to declare something, declare it. The penalty for non-declaration is far higher than the duty.



PART FIVE

On the Ground

The trip really begins when you step out of the terminal.

The first day sets the tone. Spend it well.

CHAPTER 12

The first 24 hours in a new country

How you spend the first day shapes how the rest of the trip feels. Don't try to do everything.

Arrive, settle, breathe

- Take a pre-arranged taxi or use only official transport from the airport — never an unmarked car, even if it's cheaper.
- Get to your accommodation. Drop your bags. Take a shower. Drink water.
- Walk a small loop around the neighborhood for 30-60 minutes. Notice the shops, the bus stops, the cafés, the people.
- Eat a real meal — not airport food.
- Sleep at the destination's bedtime, not when your body says it's bedtime.

What not to do on day one

Major sightseeing. Long taxi rides. Important decisions. The biggest restaurant of the trip. Save it for day two, when you're rested and oriented.

CHAPTER 13

Money, phones, food, and water

The daily logistics that nobody briefs you on — and that determine whether your trip feels easy or hard.

Money

- Bring two payment cards from different banks. Keep them in different pockets or bags.
- Carry a modest amount of local currency in cash — about \$100-\$200 equivalent for the first 24 hours.
- Use ATMs inside banks, not on the street. Always decline 'currency conversion at the machine' — your home bank's rate is better.
- Tell your bank the exact dates and countries you'll be in. Otherwise your card may be blocked the first time you use it abroad.

Phones

- **eSIM** is now the easiest option in most countries — buy one online before you fly, activate on arrival.
- **Local SIM** can still be cheaper for longer trips — buy at the airport on arrival, bring your passport.
- **Roaming** only if your plan has a flat international fee. Otherwise it can cost more than the flight.
- Download offline maps for the city before you go.

Food and water

- Check whether tap water is safe at your destination. If not, drink only bottled or filtered water — including for brushing teeth in some countries.
- Eat where locals eat, especially at lunchtime. High turnover means fresh food.
- Be cautious with raw vegetables, ice, and street food in destinations where the water isn't trusted.
- If you have a sensitive stomach, ease in. Don't make day one a culinary adventure.

CHAPTER 14

Safety as a habit, not a worry

Most travelers come home with their wallet, their dignity, and their stories. Small habits keep it that way.

Quiet practices that work

- Look like you know where you're going, even when you don't. Check the map before you step outside, not in the middle of the street.
- Don't carry valuables you don't need. Leave the second passport, the expensive watch, and most of your cash in the hotel safe.
- Keep your phone in your pocket, not your hand. Pickpockets and snatch-thieves work in distractions.
- Trust your instincts. If something feels wrong, leave. You don't owe anyone an explanation.
- Avoid getting drunk in unfamiliar places, especially alone.
- Share your daily itinerary with one trusted person at home, even if it's just a text.

Scams to know

- The 'free' bracelet, friendship band, or photograph — never free.
- The 'broken' taxi meter — agree on a fare before getting in, or use a ride app.
- The over-friendly stranger who wants to take you somewhere specific — politely decline.
- The 'distraction and lift' — someone bumps you while another lifts your phone or wallet. Use crossbody bags with zips.

Solo travel, briefly

The fear of going alone is bigger than the reality. Choose forgiving destinations first, stay in good neighborhoods, eat dinner before dark for the first few days, and keep someone at home in the loop. Most solo travelers describe their first solo trip as the moment they felt fully themselves for the first time.

“Safety is a posture, not a fortress. Stand straight. Look around. Keep walking.”



PART SIX

When Things Don't Go to Plan

*Something will go sideways. It almost always recovers.
The traveler who plans for the worst day still has a great trip.*

CHAPTER 15

Lost passport, lost wallet, lost luggage

The three real emergencies of travel. Each has a script. Knowing the script in advance turns panic into paperwork.

Lost or stolen passport

- Go to the nearest police station and file a report. Get a stamped copy.
- Contact your country's embassy or high commission in the destination country. Most issue emergency travel documents within 1-3 days.
- Have a digital copy of your passport saved in your email — it speeds the replacement dramatically.
- Travel insurance often reimburses replacement fees and emergency accommodation if delays force you to extend your stay.

Lost or stolen wallet

- Call your bank immediately — most have 24-hour international lines on the back of the card or on their website.
- Cancel all cards. Order replacements to your home address.
- Use your second card (you brought one, didn't you?).
- File a police report — useful for insurance claims.
- Some banks send emergency cash transfers to a local partner branch within 24 hours.

Lost or delayed luggage

- Report at the airline's baggage desk before leaving the terminal. Get a written reference number.
- Keep all receipts for essentials you buy while waiting — toiletries, underwear, basic clothing.
- Most airlines deliver delayed bags to your hotel within 24-72 hours.
- If permanently lost, file a claim within the airline's deadline (usually 21 days for international).

CHAPTER 16

Health on the road

Most travel illness is mild and self-limiting. The few times it isn't, knowing where to go matters more than what to bring.

Build your travel kit

- All prescription medications in their original packaging, with a copy of the prescription.
- Pain relief (paracetamol/ibuprofen), antihistamine, anti-diarrhoea, oral rehydration salts.
- Plasters, antiseptic, blister care.
- Sunscreen, insect repellent, hand sanitizer.
- Any vaccinations recommended for your destination — book at least 6 weeks ahead.

When to see a doctor

- Fever above 38.5°C lasting more than 24 hours.
- Severe abdominal pain, blood in vomit or stool.
- Any animal bite, including stray dogs and monkeys — rabies risk is real.
- A wound that won't stop bleeding, or shows signs of infection.

Where to go

Ask your hotel for the nearest reputable hospital or clinic — they almost always know. International hospitals in major cities often have English-speaking staff. Save the address before you need it. Travel insurance providers have a 24-hour helpline that can recommend providers and confirm coverage.

CHAPTER 17

Missed flights, cancellations, and your rights

Air travel disrupts more often than the brochures admit. Knowing your rights and the airline's obligations changes the outcome.

If your flight is cancelled or significantly delayed

- Get in line at the airline's service desk AND call the airline simultaneously. Whichever helps you first wins.
- Most airlines must re-book you on the next available flight at no charge — including with a different airline if necessary.
- If you're delayed overnight, ask for meal vouchers and hotel accommodation. The airline owes them in most cases.

If you miss your flight

- If it's your fault (you ran late), go to the airline desk and ask for the next available flight. You may pay a change fee.
- If it's their fault (security queue too long, gate change not announced), insist on free re-booking.
- If you have travel insurance with 'travel delay' or 'missed connection' cover, save every receipt.

Compensation rules to know

- **EU/UK:** EC 261 / UK 261 — substantial compensation for cancellations and long delays within or departing from those regions.
- **USA:** Limited federal protection; airline-specific policies apply. Check the airline's 'customer service plan'.
- **Other regions:** Vary widely. The airline's website usually states its obligations under local law.

“The traveler who knows the rules calmly always gets more than the one who shouts.”



PART SEVEN

Coming Home

Returning is part of the journey too.

The trip after the trip is the one most travelers underestimate.

CHAPTER 18

The return journey

The trip doesn't end at landing. It ends when you've slept twice in your own bed.

Coming back well

- Repeat the long-flight habits — water, movement, no alcohol — even though you're nearly home.
- Reverse jet lag is real. Eastbound returns are usually harder. Be gentle with yourself for 3-5 days.
- Resist the urge to plan a busy first day back. Most travelers regret the meetings they scheduled within 24 hours of landing.

What to do with what you learned

- Make notes within 48 hours — what worked, what didn't, what to do differently.
- Update your packing list.
- Write down the names of the places you'd return to, the people you met, the restaurants worth recommending.
- Keep a quiet record. The next trip benefits enormously from the lessons of the last one.

And then

There is a moment, somewhere in the days after a good trip, when you realize you've changed. Not dramatically. Quietly. The trip taught you something you couldn't have learned at home. That's why we travel.

“The trip you take changes you. The trips you don't take change you more.”



EXTRAS

Practical Worksheets

*Print these. Use these. Keep them with your passport.
Four tools the best-prepared travelers carry every time.*

WORKSHEET 01

Pre-trip checklist

The fourteen days before any international trip — tick as you go.

14 days before

- Passport valid 6+ months past return; visa secured or e-visa printed
- Travel insurance purchased; policy number and emergency line saved
- All flights confirmed; seat selection completed
- Accommodation confirmed; first-night address printed
- Vaccinations done; medication supply checked for full trip

7 days before

- Notify bank of travel dates and countries
- Buy eSIM or arrange local SIM purchase
- Confirm airport transfer or transport plan
- Make digital copies of all documents; email to yourself
- Share itinerary with someone you trust at home

24 hours before

- Online check-in for first flight
- Bags packed and weighed; carry-on essentials separated
- Wallet: two cards, modest cash, ID; valuables out
- Phone fully charged; portable battery charged

House: bills, plants, mail, pets, locks

WORKSHEET 02

Document tracker

Fill this in once, save a digital copy, and print it before you fly.

Document	Number / Reference	Issue date	Expiry date
Passport			
National ID			
Visa			
Travel insurance			
Vaccines (e.g. yellow fever)			
Driver's license			
Flight — outbound		Date:	
Flight — return		Date:	
Hotel — first night		Address:	
Emergency contact	Name + phone:		

Tip — Email this completed table to yourself before you travel. A misplaced printout is not a problem if a digital copy is one tap away.

WORKSHEET 03

Emergency contact card

Fill in. Print. Cut to wallet size. Carry separately from your passport.

EMERGENCY CONTACT CARD	
Full name	
Nationality / Passport no.	
Blood type / Allergies	
Next of kin (name)	
Next of kin (phone, with country code)	
Travel insurance — provider	
Travel insurance — 24h emergency line	
Travel insurance — policy number	
Home embassy in destination — phone	
Hotel — name & address	
Doctor at home — phone	

Keep this card in a different pocket or compartment from your passport. If you lose one, you still have the other.

WORKSHEET 04

Two-bag packing template

Most trips fit into two bags. Here's how to think about each.

Carry-on (your survival bag)

This bag must let you survive 48 hours if your checked bag is delayed. Treat it as non-negotiable.

Documents & money

- Passport, printed visa, printed insurance details
- Two cards from different banks, modest cash
- Document tracker, emergency contact card

Electronics & comfort

- Phone, charger, eSIM details, power bank
- Headphones / earbuds, eye mask, neck pillow
- Laptop / tablet if working; reading material

Health & change

- All prescription medications (in original packaging)
- Travel-sized toiletries, hand sanitizer
- One change of underwear, one base layer, light jumper

Checked bag (your wardrobe)

The principle: pack outfits, not items. Pack neutral colours that mix-and-match. Plan one full set per 2 days, plus one buffer.

Clothing — by climate

- Tops: 1 per 2 days (mix tees, button-downs, knits)

- Bottoms: 2-3 total (jeans, chinos, neutral trousers)

- Outerwear: weather-appropriate, one piece only

- Smart outfit: 1 set for nicer dinners or unexpected occasions

- Activewear: only if you'll actually use it

- Sleepwear, undergarments, socks: 1 set per 2 days, plus 1

Shoes

- Comfortable walking shoes (worn on the flight)

- Smart shoes if your trip requires them

- Sandals or slip-ons for downtime

Miscellaneous

- Sunglasses, hat, swimwear if applicable

- Reusable water bottle

- Small day-bag for excursions

- Laundry bag for separating dirty clothes

The two-bag rule, in one line: if you can't carry both bags up two flights of stairs without help, you've packed too much.



LET NORTHWINDS TAKE IT FROM HERE

Your next trip doesn't have to feel like this.

You now know what to plan, in what order, with what documents, at what cost. The next trip can simply be... enjoyed.

Northwinds Travel Co. is a Nairobi-based travel house curating leisure journeys, family travel, care-class travel, medical travel, and visa support across Africa and the world.

One concierge. One channel. End-to-end care — so your next journey arrives gently, even when life is asking a lot.

Begin a conversation

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