



National
Guidance
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Checklist - Young Person

- I know why I am going on this visit and what I will be doing.
- I know who will be responsible for me during the visit, including on any journey.
- I know how to contact and alert the group leader if I am not happy.
- I know what to do if I get lost.
- I know what is expected of me with regards to my behaviour and the implications of agreeing to any Code of Conduct for the visit.
- I understand all relevant safety issues.
- The visit leader knows about any medical issues or allergies that I have, and any medication that I need to take.
- I know what to wear and what to bring.
- I understand any restrictions regarding bringing or using my mobile phone or other electronic devices; taking pictures; internet access; using games, music, videos etc.
- I understand any restrictions on other items I can bring (for example, items that are illegal such as knives, or items that are not allowed on a flight).

For a residential visit:

- I know the name, address and telephone number of where I will be staying.
- My parent(s)/guardian(s) have been given this information.
- I know where I will be sleeping and whether I am expected to share sleeping accommodation.
- I know what toilet/bathroom facilities to expect.
- I know about catering arrangements, and the visit leader knows about any food allergies I have.

For a visit overseas:

- I know of any limitations on what I can purchase and take through customs.
- I know whether I need a valid passport and visa, and have checked that I have them.
- I know what language people speak in the country where I will stay, and have learned at least a little of it.
- I know about any significant legal and cultural differences in the countries I will visit that will require me to change my normal behaviours.

