

UK International Students Pre-Departure Checklist

Complete guide for Masters & Undergraduate students by Startup Freshie Kit - your comprehensive platform for accelerating careers and entrepreneurship in the UK.

Community Driven

Over 20,000 members across social media platforms, creating a thriving ecosystem for ambitious newcomers.

Expert Mentorship

Direct access to seasoned professionals who understand the unique challenges of building careers in the UK market.

Proven Success

Bridge between education and career success through our "Careers Beyond Degree" podcast and curated resources.

Startup Freshie Kit serves as your bridge between emerging talent and established industry leaders, facilitating meaningful mentorship relationships across diverse sectors. We provide the tools, resources, and connections needed to accelerate your professional growth in the UK.

Physical Documents Folder

⚠️ Keep these documents in your hand luggage - never pack them in checked baggage!

Core Documents

- **Passport** (original + 2 photocopies)
- **Additional ID Proof** (driving licence/national ID + photocopy)
- **CAS Letter** (original + 2 copies)
- **Accommodation Contract** (original + copy)
- **University Acceptance Letter** (original + copy)
- **Visa Documents** (BRP collection letter if applicable)
- **Academic Transcripts** (sealed originals + copies)
- **English Language Certificates** (IELTS/TOEFL originals + copies)

Financial Documents

- **Bank Statements** (last 6 months, original + copies)
- **Scholarship Letters** (if applicable)
- **Financial Guarantee Letters** (if applicable)
- **Forex Card Documentation**



Medical Documents

- **Medical Certificate** (original + copy)
- **Vaccination Records** (including COVID-19)
- **Prescription Letters** for all medications
- **Medical Insurance Documents**

Money & Banking

GBP Cash

£500-800 recommended

- Small denominations (£5, £10, £20 notes)
- For immediate expenses, transport, tips
- Essential for first few days before banking setup

Forex Card

International Debit Card

- Pre-loaded with GBP for convenience
- Better exchange rates than cash
- Widely accepted across the UK

Credit Card

Visa/Mastercard for backup

- Emergency financial safety net
- Required for many online bookings
- Helps build UK credit history

 Notify your banks about international travel to avoid card blocks. Set up online banking access before departure.



Flights & Travel

Student Flight Discounts & Extra Baggage

- **Student Beans**

Various airline discounts up to 10% off regular fares

- **BYOjet for Students**

Exclusive student fares (formerly StudentUniverse)

- **Virgin Atlantic**

Student discount plus flexible rebooking options

- **Eurowings**

Up to 80% discount with flexible rebooking

- **KILROY**

Student fares for travellers under 26 years

Airlines with Liberal Student Baggage Policy

- **British Airways** - up to 46kg baggage allowance
- **Air India** - 46kg baggage for students
- **Emirates** - Extra 10kg on select routes
- **Qatar Airways** - Additional baggage allowance

Airport Transfer (Pre-book!)

1

National Express

Coach services to major cities

2

Trainline

Train bookings with student discount

3

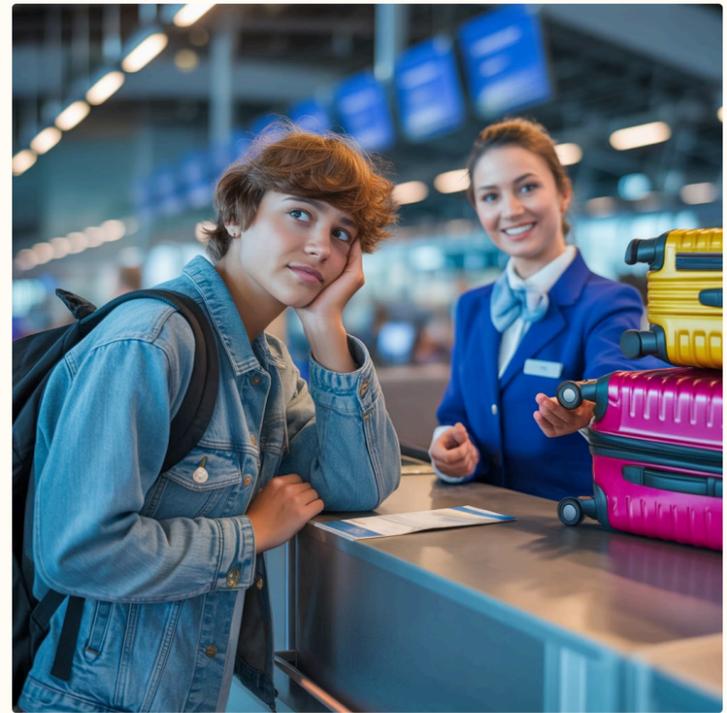
Uber/Bolt

Door-to-door service

4

University Shuttle

Check university website for availability



Essential UK Apps

Download these apps before departure to navigate your new life in the UK seamlessly.



Transport Apps

- **Trainline** - Train tickets, real-time updates
- **Citymapper** - Public transport navigation
- **National Express** - Long-distance coaches
- **Uber & Bolt** - Taxi services
- **Bus Times** - Local bus schedules



Student Life & Discounts

- **UNiDAYS** - Student discounts & deals
- **Student Beans** - Exclusive student offers
- **TOTUM** - Student discount card
- **Honey** - Coupon finder browser extension



Banking & Payments

- **Apple Pay/Google Pay** - Contactless payments
- **Splitwise** - Split bills with flatmates
- **Banking apps** - Once you open UK account

Packing Essentials

Weather Protection

⊗ UK weather is unpredictable - always be prepared for rain!

- **Waterproof Rain Jacket** (absolutely essential!)
- **Umbrella** (compact, wind-resistant)
- **Warm Winter Coat**
- **Waterproof shoes/boots**
- **Layers** (cardigans, sweaters, hoodies)

Electronics

- **International Power Adaptor** (Type G - 3-pin UK plug)
- **Laptop + Charger**
- **Phone + Charger**
- **Power Bank**



1

Layer System

UK weather changes quickly. Pack clothes you can layer - base layer, insulating layer, and waterproof outer layer.

2

Quality Over Quantity

Invest in one good waterproof jacket rather than multiple cheap ones. It will serve you throughout your studies.

3

Electronics Preparation

Ensure all your devices are compatible with UK voltage (230V). Bring multiple adaptors as you'll need them frequently.

Medications & Health



Essential Medications (3-month supply)

- **Paracetamol** - fever, pain relief
- **Ibuprofen** - inflammation, headaches
- **Cold & Flu tablets** (Lemsip equivalent)
- **Antihistamine** (Cetirizine/Loratadine) - allergies
- **Throat lozenges**
- **Vitamin D supplements** (essential for UK winters)
- **Probiotics** - digestive health during diet changes
- **Motion sickness tablets**



Personal Prescriptions

- **Chronic condition medications** (6-month supply)
- **Prescription letters** in English
- **Contraceptives** (if needed)
- **Eye care** (contact lenses, glasses)

Ensure all prescription medications are in original packaging with clear labels.



Health Apps

- **NHS App** - Access NHS services digitally
- **111 online** - Non-emergency medical advice

Register with a local GP practice within your first week of arrival.

 Vitamin D is crucial during UK winters due to limited sunlight. Start taking supplements before arrival to build up levels.

Emergency Contacts

Save these contacts offline on your phone and keep a printed copy in your documents folder.



University Contacts



- **University Main Number:** _____
- **International Student Office:** _____
- **Student Services:** _____
- **Campus Security:** _____
- **IT Helpdesk:** _____

Accommodation Contacts



- **Accommodation Office:** _____
- **Emergency Maintenance:** _____
- **Reception/Porter:** _____

UK Emergency Numbers



- **999** - Police, Fire, Ambulance (Emergency)
- **101** - Police (Non-emergency)
- **111** - NHS Medical Advice (Non-emergency)
- **0800 988 5456** - Samaritans (Mental health support)

Home Country Contacts



- **Embassy/Consulate:** _____
- **Family Emergency Contact:** _____
- **Home Bank:** _____
- **Insurance Provider:** _____

Accommodation Preparation

01

Confirm Check-in Details

Verify your arrival date, time, and location. Ensure someone will be available to meet you, especially if arriving outside office hours.

02

Join Community Groups

Connect with accommodation WhatsApp or Facebook groups before arrival. This helps you meet future flatmates and get insider tips.

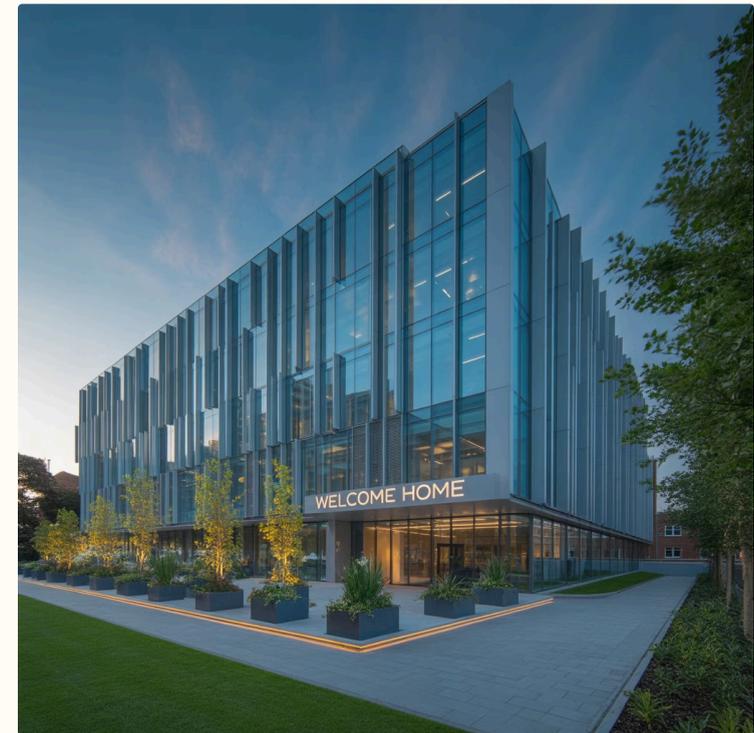
03

Research Local Area

Identify nearby supermarkets, pharmacies, and essential services. Download offline maps of your accommodation area.

Essential Questions to Ask

- What time can I check in?
- Where do I collect my keys?
- What's included in my room?
- How do I access Wi-Fi?
- Where's the nearest supermarket?
- How do I report maintenance issues?



- ✔ Pro tip: Take photos of your room condition upon arrival and report any existing damage immediately to avoid charges later.

Final Week Checklist

7 Days Before Departure

1

- **Confirm flight details** and check-in online
- **Travel insurance** activated and documents accessible
- **Notify banks** of international travel dates
- **Download offline maps** of destination city
- **Currency exchange** completed
- **Prescription refills** completed

2

24 Hours Before Departure

- **Passport and documents** secured in carry-on
- **Phone charged** with power bank packed
- **Emergency contacts** saved offline
- **UK SIM card** ready to activate (if purchased)
- **Accommodation check-in** details confirmed
- **Airport transfer** booking confirmed



Double-check your visa expiry date and ensure your passport is valid for at least 6 months beyond your intended stay.

Useful Resources



Official Government Resources

- **GOV.UK Student Visa Info:** [gov.uk/student-visa](https://www.gov.uk/student-visa)
- Comprehensive visa requirements and application guidance
- Updates on immigration policies and procedures



Student Support Services

- **UKCISA (Student Support):** ukcisa.org.uk
- Independent advice for international students
- Guidance on legal, practical, and financial matters



Healthcare Information

- **NHS Student Health:** [nhs.uk/using-the-nhs/nhs-services/visiting-or-moving-to-england](https://www.nhs.uk/using-the-nhs/nhs-services/visiting-or-moving-to-england)
- How to register with a GP practice
- Understanding NHS services and entitlements

Additional Helpful Resources

- **British Council:** Study UK information and support
- **Student Room:** University forums and student discussions
- **Uniplaces:** Student accommodation platform
- **Erasmus Student Network:** Social events and integration



Ready for Your UK Adventure!

You're All Set!



Print This Checklist

Keep a physical copy with you during travel and tick off items as you complete them. Having a backup ensures you won't miss anything important.

Digital Backup

Save a digital copy on your phone for easy access during travel. Screenshots of key sections can be helpful when offline.

Stay Connected

Follow @startupfreshiekit for ongoing support, tips, and resources throughout your UK journey. You're not alone in this adventure!

"Completed this checklist? You're ready for your UK adventure! Safe travels and welcome to the UK! 🇬🇧"

- ✔ Remember: Preparation is key to a smooth transition. Trust in your preparation and embrace the exciting journey ahead!



About Your Guide



Created by **Shivika Pratap**

UK International Student Guide & Founder of Startup Freshie Kit

This comprehensive checklist has been crafted with care by someone who truly understands the unique challenges and excitement of starting your UK journey. With 9 years of experience living and thriving in the UK, Shivika Pratap has personally helped over 5,000+ international students and professionals successfully navigate British life - because she's been there and done that herself.

As part of a thriving community of 20,000+ international students and professionals, Shivika combines her extensive personal experience with real-world insights from thousands of success stories to provide you with the most practical, tested, and up-to-date guidance available.

Through Startup Freshie Kit, we're committed to supporting your entire UK experience - from pre-departure preparation through to career success and entrepreneurial ventures. When you follow this guidance, you're not just getting advice - you're getting proven strategies that have worked for thousands before you.

Follow us for more tips and resources:

[@startupfreshiekit](#) [@shivikaapratap](#)

Join our community of over 20,000 ambitious students and professionals navigating their UK journey together.

Wishing you success in your UK adventure! ✨