

New Zealand Pre-Trip Checklist

Documents, money, health and border preparation - verify for your passport and itinerary

6-8 WEEKS BEFORE: ENTRY

- ☐ Check Immigration NZ's visa/NZeTA tool for your passport
- ☐ Confirm passport validity and that bookings use the identical name
- ☐ Apply through official channels only; save confirmation
- ☐ Check transit-country entry rules for every connection
- ☐ Confirm onward/return ticket and evidence of funds if requested
- ☐ Save accommodation address and first-night contact

INSURANCE AND HEALTH

- ☐ Buy insurance covering medical care, cancellation and activities
- ☐ Read exclusions for hiking, driving and existing conditions
- ☐ Save insurer's 24-hour assistance number and policy number
- ☐ Check Health NZ travel-health and current outbreak advice
- ☐ Review routine vaccinations with a qualified clinician
- ☐ Pack enough prescription medicine plus documentation
- ☐ Create an accessible emergency and allergy note

MONEY AND ACCESS

- ☐ Tell your bank only if its current policy requires it
- ☐ Take two payment methods and store them separately
- ☐ Check foreign-transaction and ATM fees
- ☐ Set card-app notifications and travel-safe spending limits
- ☐ Record card-freeze and emergency contact instructions
- ☐ Plan a small arrival cash buffer in NZD
- ☐ Declare NZD 10,000+ cash/equivalent when required

BOOKINGS AND DRIVING

- ☐ Confirm flight dates, baggage and operating airlines
- ☐ Download accommodation, rental and activity confirmations
- ☐ Check licence/translation or IDP requirements with NZTA/rental firm
- ☐ Add rental excess and roadside rules to insurance notes
- ☐ Save ferry and weather-sensitive booking change policies
- ☐ Download offline maps and essential route information

Final Departure Checks

Finish the time-sensitive tasks without reopening every decision

72 HOURS BEFORE

- ☐ Recheck flight status and airline baggage rules
- ☐ Check weather, road status and DOC alerts for booked activities
- ☐ Clean used boots and outdoor equipment: remove soil and seeds
- ☐ Separate all food, plant, wood and animal products for declaration
- ☐ Charge phone and power bank; download offline documents
- ☐ Share itinerary and insurer details with a trusted contact
- ☐ Confirm airport transfer and first-night access

WITHIN THE NZTD WINDOW

- ☐ Complete the free New Zealand Traveller Declaration
- ☐ Air travellers: submit from 24 hours before starting the NZ journey
- ☐ Use the passport that will be presented on arrival
- ☐ Declare risk, restricted and prohibited items honestly
- ☐ Resubmit if you change an answer before passport control
- ☐ Keep the emailed reference accessible; printing is not required
- ☐ If unsure about an item, declare it and ask an officer

PERSONAL ITEM

- ☐ Passport plus visa/NZeTA status evidence
- ☐ Phone, charger and compliant power bank
- ☐ Medication and essential medical documents
- ☐ Wallet plus backup payment method stored separately
- ☐ Insurance number and emergency contacts
- ☐ First accommodation address and onward itinerary
- ☐ Warm or rain layer for arrival

BEFORE LEAVING HOME

- ☐ Passport number matches every travel authorization
- ☐ All travelers, including children, have required documents
- ☐ Bag is within the strictest flight segment's limit
- ☐ Liquids, batteries and restricted items follow airline rules
- ☐ Home security, keys and pet care confirmed
- ☐ Mobile roaming/eSIM plan ready
- ☐ NZTD submitted and answers still accurate

OFFICIAL CHECKS - USE CURRENT RULES

immigration.govt.nz | travellerdeclaration.govt.nz | mpi.govt.nz | health.govt.nz

This planning aid is not immigration, medical, insurance or legal advice. Requirements can change.