



Leaving Home

1: Before you go



Register with a GP in your new location and check your vaccinations are up to date



Start planning! Get all work or uni dates along with key triathlon ones in a calendar



Get a bank account - the one with the best freebies may not be the best longer term option!



Home friends are a key support network - set plans around how you will communicate



Make a budget - seriously! If going to Uni the average student blows £3k in their first 14 days!



Family time - have some before you go! They will miss you and it will be a tough time for them



Get the equipment you need ahead of time - if buying books 2nd hand will be cheaper!



Get social before you go - there will be groups, hashtags etc you can join in your new environment



Starting uni or work will require registrations and enrolments etc. Get this done before you go



Have some go to, healthy meals sorted - fueling properly in your new environment will be critical!