

# Kyiv Wartime Travel Checklist (2026)

**IMPORTANT:** Ukraine is an active war zone. This checklist is designed for visitors traveling for essential reasons (family, humanitarian, journalism, official work). Conditions can change rapidly.

## Pre-Departure (Before You Enter Ukraine)

- Register with your government's travel advisory / embassy program if available
- Confirm your travel insurance *explicitly* covers war-zone travel (many policies exclude it)
- Share itinerary + daily check-in plan with a trusted contact
- Download offline maps (Kyiv + destination regions) and store copies of documents offline
- Save key contacts: embassy, local host/org, emergency numbers, hotel/host address in Ukrainian
- Prepare an exit plan: nearest border route(s), rail station(s), backup transport options

## Documents & Money

- Passport + printed copies (2) + digital scans (phone + cloud)
- Visa/entry documents (if applicable) + proof of onward/exit plan
- Emergency contact card (paper) carried separately from passport
- Cash in small bills (for outages), plus at least two payment methods
- Spare phone/SIM registration info (PIN/PUK if available)

## Safety & Medical

- Basic trauma kit: tourniquet, pressure bandage, gauze, tape, antiseptic wipes
- Regular medications (extra 7–14 days) + prescriptions
- N95/FFP2 mask (dust/smoke)
- Earplugs (sirens/night shelters)
- Whistle / small signaling device
- Hand sanitizer + wet wipes

## Power, Light & Communications

- High-capacity power bank (20,000 mAh recommended) + spare cables
- Wall charger + car charger adapter (if using taxis/vehicles)
- Headlamp/flashlight + spare batteries
- eSIM/SIM with data + backup SIM/eSIM if possible
- Air alert apps enabled with loud notifications; keep phone on charge whenever power is available

## Clothing & Shelter Readiness

- Warm layers (especially winter): thermal base layer, insulating mid-layer, waterproof outer layer
- Sturdy walking shoes/boots (wet/icy conditions possible)
- Hat, gloves, scarf/neck gaiter
- Compact blanket or emergency bivy (optional but helpful during long shelter stays)
- Small towel + hygiene kit

## Daily 'Go Bag' (Keep Packed Every Night)

- Passport copy + cash + bank card

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- Phone + power bank + flashlight/headlamp
- Water (at least 1 liter) + snacks
- Small first-aid/trauma items
- Warm layer (even in warm seasons)
- Hotel address + key phrases written in Ukrainian

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### **On-the-Ground Rules (Kyiv)**

- Know your nearest metro station/shelter everywhere you go (hotel, café, museum)
- When sirens sound: go to shelter immediately; avoid windows and open areas
- Do not photograph military locations, checkpoints, air defense, troop movements, or sensitive infrastructure
- Avoid crowds, rallies, or large public gatherings
- Plan activities in daylight; return early; comply with curfews and checkpoints
- Keep at least two evacuation routes identified (rail station + taxi/bus route)

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Last reminder: **Do not travel for leisure.** Conditions can deteriorate quickly. Always follow official alerts, local instructions, and your embassy's security guidance.