



PERFORMING & TOURING

RESOURCES

Personal Touring Checklist

BY MUSICNSW

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Personal Touring Checklist

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This resource provides a personal checklist to help artists stay organised, healthy, and prepared while touring, covering packing, wellbeing, performance, and daily routines.

Touring can be an exciting experience, but it can also be physically demanding and unpredictable. Long travel days, late nights, and unfamiliar environments can take a toll if you're not prepared.

A personal touring checklist helps artists look after their own wellbeing while on the road. By planning ahead for personal items, health, organisation, and performance preparation, artists can stay comfortable, focused, and ready to deliver their best performance at every show.

What to pack

- Passport or ID (especially for flights)
- Phone charger and power bank
- Headphones
- Toiletries
- Comfortable clothes and spare socks
- Earplugs (for sleeping or loud venues)
- Laundry bag
- Water bottle
- Medication and basic first aid
- Gear & instrument maintenance tools (strings, picks, sticks)

Professional Touring Checklist

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Health & wellbeing

Get enough sleep where possible

Drink plenty of water

Eat proper meals when you can

Performance preparation

Vocal warm-up routine (if applicable)

Instrument maintenance (if applicable)

Practice setlist regularly

Mentally prepare before shows

Organisation

Keep personal expenses tracked

Keep important documents backed up digitally

Save venue addresses and contacts in phone

Know daily travel schedules

Personal balance

Take breaks when possible

Spend time outside the venue environment

Stay connected with friends/family back home

Take moments to enjoy the cities or towns you're visiting

Looking for more resources?
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one at musicnsw.com/resources

MusicNSW works, creates and listens on unceded Aboriginal land across the state. We honour elders past and present and acknowledge all First Nations peoples as the original music makers, storytellers and knowledge holders. Always was, always will be.

Cover photo by Wanagi Zable-Andrews

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