

PACKING GUIDE

Pack Your Bags

PACKING TIPS

- ✓ Reusable bags are great for keeping your luggage itemized. You can even use them for dirty/wet items
- ✓ Wear your bulkiest items (sweaters, shoes, jacket, etc.) while travelling to free up space
- ✓ Use the inside of your spare shoes to pack small items like socks, belts, and breakables
- ✓ Pack items like shirts, pants, dresses, etc. at the very end so they're not wrinkled
- ✓ Pack fragile items midway to pad them between the bottom and top layer of your bag
- ✓ Be sure to leave some room for souvenirs!

LUGGAGE TIPS

DO:

- ✓ Label your luggage with your name, address, and home phone number
- ✓ Keep checked luggage below 20kg or 44lbs
- ✓ Ensure all liquids and lotions are in airline-friendly containers

DON'T:

- ✗ Pack aerosols in your checked bag
 - Instead, transfer them to your carry-on
- ✗ Pack liquids over 100ml
 - Instead, observe airline liquids guidelines
- ✗ Overpack beyond the luggage size and weight allowance

REMEMBER: When in doubt, always adhere to airline policies and customs regulations for both your destination and your point of origin.

COMFORTABLE SHOES ARE ESSENTIAL!

Bringing new shoes is a risky move—you don't want to spend your trip breaking them in and chancing blisters or sore feet. Flip-flops are great for getting around the hotel or beach, but not ideal for getting around town. Stick with your favourite pair of comfortable walking shoes, plus a waterproof rainboot or winter boot for colder weather. And don't forget to pack a pair of more formal shoes for special activities on your itinerary.

Preparing for your epic class trip? This guide will help you find the perfect balance between travelling light, staying comfortable, and being prepared for new adventures ahead.

Don't Forget Your Essentials

CHECKED LUGGAGE ESSENTIALS

- Warm top layers, fleece, sweatshirt, etc.
- One formal outfit for a special dinner activity
- Socks and underwear to last the trip
- T-shirts, pants, shorts, skirts, etc.
- Pajamas
- Bathing suit, towel, and sunscreen
- A hat that protects you from the sun
- Sunglasses and case
- A reusable water bottle
- A spare pair of shoes
- Any teacher-approved personal items you didn't pack in your carry-on

CARRY-ON LUGGAGE ESSENTIALS

- Water-resistant day backpack
- All travel documentation and money
- Toiletries, placed in a waterproof bag
- One waterproof hooded jacket and one sweatshirt or hoodie
- Camera and personal electronics with charger(s)/extra batteries
- Reusable water bottle
- Snacks for the journey

Important Travel Instructions

ATTENTION STUDENTS AND PARENTS:

For detailed information about all necessary travel documentation, visit the [Government of Canada Travel Document Site](#).

For more about foreign currency, refer to this [foreign currency converter](#).

Consult your teacher or Program Leader in case they have specific passport/currency instructions or packing directions for you, especially when it comes to prescription items, and/or over-the-counter drugs.