

Travel Packing Guide

Find the perfect balance between packing light, staying comfortable, and being prepared for the unpredictable.

DETERMINE YOUR AIRLINE'S LUGGAGE POLICY AND PAY CLOSE ATTENTION TO:

- Luggage size and weight policies
- Liquid restrictions
- Customs regulations for both your destination and your point of origin

CHECKED LUGGAGE TIPS:

- Label your luggage with your name, address, and home phone number.
- Keep checked luggage below 20 kg. Your back and shoulders will thank you!
- When in doubt, transfer all liquids and lotions to airline-friendly plastic containers.
- If you need to bring aerosols, make sure to pack them in your carry-on luggage.

CARRY-ON LUGGAGE:

Prepare your carry-on bag for the unlikely event that your checked bag gets lost. Here's what we recommend:

- One fleece, hoodie, or sweatshirt
- All travel documentation and money in local or foreign currency (depending on destination)
- All carry-on approved toiletries should be packed in a waterproof bag (check with TSA or the airline for restrictions)
- An EMPTY reusable water bottle (you can fill it after going through security)
- One waterproof wind proof jacket (hood preferable)
- Camera with charger
- Outlet adapter (do NOT plug any electronics into a foreign outlet without this!)
- A change of clothes
- Pajamas (optional)
- Teacher-approved personal effects (tablet device, phone, reading material, etc.)

A NOTE ON FOOTWEAR:

A comfortable pair of shoes is a must. New shoes are risky – you don't want to spend the entirety of your trip breaking them in. Flip-flops are great for getting around the hotel or beach, but terrible for getting around town.

CHECKED LUGGAGE:

Make the most of your luggage space:

- Plastic bags are great for keeping your luggage organized, especially dirty/wet items
- Wear your bulkiest items (sweaters, shoes, jacket, etc.) inflight to free up space
- Use the inside of your spare shoes to pack small items like socks, belts, and breakables
- Pack 'nicer' items like shirts, pants, dresses, etc. at the very end so they're not crumpled
- Pack fragile items midway to pad them between the bottom and top layer of your bag
- Try to leave some room for souvenirs!

* Don't forget

- Warm top layers (fleece, sweatshirt, etc.)
- One water-resistant backpack for storing daily essentials
- One 'nice' outfit for that special occasion activity in your itinerary
- Enough socks and underwear to last you the duration of your trip
- Enough everyday clothing (t-shirts, button-ups, pants, shorts, etc.) to last the duration of your trip
- Pajamas
- Bathing suit (check your itinerary in case a towel is also required)
- Sunscreen (SPF 60 or more)
- A hat that effectively protects you from the sun
- Sunglasses (and its case)
- One spare pair of shoes

ATTENTION STUDENTS AND PARENTS:

This guide does not include detailed packing instructions for travel documentation. We recommend consulting your local Bureau of Consular Affairs for this. Don't forget to consult your teacher/organizer in case they have specific passport/currency instructions for you or additional packing instructions regarding prescription items, and/or over-the-counter drugs.