



# Packing List

FOR TRAVELING ABROAD



## Luggage

Standard international airline luggage restrictions are one free checked and one carry on bag. Please check with your tour leader and the appropriate airline for weight and size restrictions.

## Clothing

- 7-10 pairs underwear/bras
- 7 pairs socks
- 7 T-shirts
- 1-2 button down shirts
- 1-2 long sleeve shirts
- 1 skirt/dress
- 1 sweater or sweatshirt
- 1 rain jacket
- 2 pairs of jeans
- 1 pair cotton pants
- 2 pairs of shorts
- 1 swimming suit
- 1 pair of nice shoes (versatile for casual or dress)
- 1 pair athletic shoes (comfortable for walking)
- 1 pair sandals
- 1 hat
- several nice, versatile items for going out
- warm clothes that you can layer

## Miscellaneous

- watch
- journal
- flashlight
- umbrella
- camera
- phone/tablet charger
- sun block
- bug spray
- jewelry
- 2 novels
- 1 travel guide (*Lonely Planet, Berkley Guide*)

- address book
- stain stick
- laundry detergent
- extra batteries if you're bringing something electronic
- 3 copies of passport, drivers license, ID pieces

## Toiletries (travel sizes if possible)

- Converter: Any plug in item will require a converter
- tampons
- toothbrush/paste
- band-aids
- deodorant
- soap
- shampoo/conditioner
- vitamins/Advil/A.D. pills
- lotion
- contacts, cleaning solution, and case
- glasses/sunglasses
- waterless hand cleaner
- ziplock bags (for wet items or other things)
- razor/shaving cream
- Dramamine (motion sickness pills if needed)
- small make up bag
- dental floss
- hairbrush/comb
- hairspray
- cottonballs
- prescription drugs  
(You should have 2 complete prescriptions filled in case you lose 1)

## In Personal Pouch, at all times!

- Passport/green card
- 2 credit cards
- traveler's checks
- ATM card (know PIN numbers)
- ID pieces (driver's license, school ID)
- Insurance cards
- \$100 in fives, tens and twenties

**\* Have someone at home know all credit card numbers and phone numbers to call in case there is a theft and keep the same information encrypted somewhere in your belongings.**

**\* Remember, if you see something on this list that you don't use, don't bring it. Only bring items that are essential. If you don't see something on the list that you will need, bring it.**

## Airline websites

- [www.aa.com](http://www.aa.com)
- [www.delta.com](http://www.delta.com)
- [www.united.com](http://www.united.com)
- [www.usairways.com](http://www.usairways.com)
- [www.airfrance.com](http://www.airfrance.com)
- [www.alitalia.com](http://www.alitalia.com)
- [www.britishairways.com](http://www.britishairways.com)
- [www.iberia.com](http://www.iberia.com)
- [www.klm.com](http://www.klm.com)