

PACKING LIST

1. Make sure that your general health is ready for this trip – do you need to visit your eye doctor, dentist, family doctor?
2. Place ID Tags on all luggage and label the inside with your name, address & phone number.
3. Check the internet for up-to-date weather information: www.worldweather.org.
4. Try to pack as light as possible - unnecessary items will just weigh you down and not leave space for souvenirs!
5. Arrange to share items with your roommates such as: shampoo, toothpaste, sunscreen, etc.

ESSENTIALS

Passport & any applicable visa - Make a photocopy of your travel documents & leave them at home

Airline Ticket (I have these)

Pocket Money / ATM Card and PIN# / Credit Card

Essential personal items (prescription glasses / contact lens case & solution, etc.)

Necessary medicine in original prescription container

CLOTHING

2-3 pairs of jeans or lightweight pants 2 pairs of walking shorts

6 short-sleeve shirts 3 long-sleeve shirts

2-3 skirts or dresses (weather appropriate) Socks & underwear for each day

Sleepwear

1 windbreaker / waterproof jacket 1 sweatshirt or lightweight sweater

1 pair of comfortable walking shoes

1 hat / pair of sunglasses Wallet & money belt

NO NEW SHOES

*** FAMILY STAY PROGRAMS – Your host family may not provide you with a bath towel, bring one with you from home

TOILETRIES – We recommend that you pack liquid toiletries in zip-lock bags

Toothbrush / Toothpaste / Dental Floss Shampoo / Conditioner

Soap in a plastic container Razor / Shaving Cream

Deodorant Hairbrush / Comb

Anti-Bacterial (waterless) soap Sanitary Napkins / Tampons

Band Aids / Neosporin (Travel First-Aid Kit) Aspirin / Ibuprofen

Waterproof Sunscreen / Chapstick / Sunburn Lotion Travel packs of Kleenex

NOTE: This list is for a typical 10-day trip - please adjust for the length of your visit and to suit the season you are travelling.

MISCELLANEOUS

Camera / batteries / tablet / laptop / adapter or converter / Refillable Water Bottle

Student ID Card Journal / Pens / Book

***Avoid taking a Hairdryer to Europe if your hotel has one due to the difference in voltage

