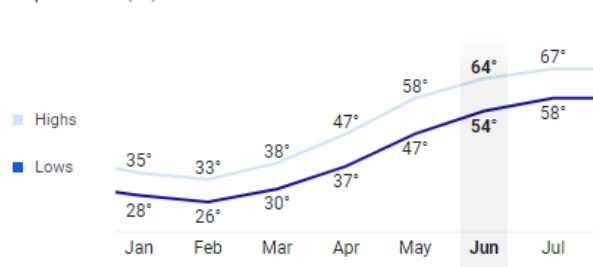


Sweden tips, tricks, and packing lists

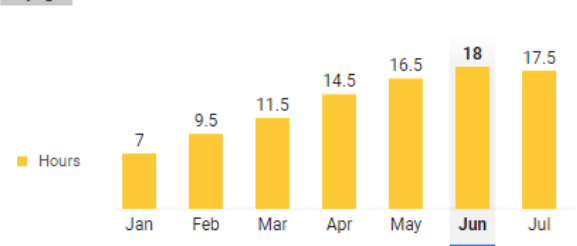
- ☐ **Plastic.** Sweden is a cashless country. The banks don't even carry cash. It will be extremely important that you have a card that has a Visa or Mastercard emblem on it. It's not required to have a chip. They are still able to use swipe payment so debit cards will work just fine. You might consider adding to Apple Wallet for quick payment. You will need to contact your bank to let them know ahead of time the dates you will be traveling. The group will not be carrying any additional cash or cards with us for this trip. You are responsible for making sure you get this done. The prepaid Visa and Mastercards will not work internationally so again, I encourage you to contact a bank or financial institution to make sure your card will function abroad. In many cases, there is an international transaction fee for everytime the card is used. Typical fee is 1-3%. This is a small price to pay for the ability to use your card internationally.
- ☐ **Cell phones.** If you are bringing one with you to use to make phone calls and use data, please check with your provider to see what options you have for this. I know Verizon has international roaming plans, and they can be expensive. I will say Sweden does have a large coverage of wifi in the country. More available than we have here in the states. Most of the places we are staying at do have free wifi so making calls in the evening or while you are connected elsewhere might be the best option for you. Just remember to turn your phone on wifi only to avoid any hidden charges. I will have an international roaming plan for my phone as the director so if parents need to contact me, they certainly can.
- ☐ **Weather.** It will be summer in Sweden while we are visiting. In Sweden, if the sun is out, you're outside. It's mentioned in the itinerary that we will be visiting some beaches. These are not like the beaches in Florida or Mexico. The water temp will be much cooler. More of a refreshing jolt reaction as you enter the water. If you don't wish to get into the water, no big deal. There will be plenty of other things to do while we are at the beach. As you can see below, the average temperature will be 64 deg F, and the sun will be out 18 of the 24 hours. I encourage you to pack accordingly.



Temperatures (°F)



Daylight



- ☐ **Power Outlets.** The power outlets in Sweden are different from those we use here in the States. If you are wanting to charge your phones you are



European Travel Plug Adapter,

going to need a power adaptor to do so. You will need a Type-C EU adaptor. Depending on if you have USB or Lighting connectors there are many to choose from online. I've included an example of the Type-C adaptor with 2 USB's for reference. It includes two round plugs that go into the wall.

- ☐ **Showers and Bathrooms.** Many of the places we are staying include showers and bathrooms in the hall (like dorms) or in an outbuilding. You may have to walk to these so I suggest packing a robe and some plastic flip flops to wear. Try to get something lightweight to control your bag weight. I found some on Walmart.com for under \$20.
- ☐ **Shoes.** There will be a lot of walking on our trip. I would not recommend sandals, but to each their own. I will let you make the best decision knowing there will be lots of walking and as mentioned above the weather in Sweden.
- ☐ **Flight and Bus.** We will have many hours of bus and flight time. I encourage you to sleep when you can on the bus to Chicago as well as the flight to Sweden. Some items that you may consider bringing are cell phone charger or portable battery, travel pillow, eye mask, ear plugs, headphones to listen to music, books/magazines, water bottle, and hand sanitizer.
- ☐ **Snacks.** Some mornings we will have limited accessibility to breakfast so bringing along some of your favorite snacks is highly recommended.
- ☐ **Baggage/Luggage.** We are flying an international carrier Scandinavian Airlines. This is different from flying domestic. I've included straight from their website the below information on their baggage policy. Please be sure your bags are not over the maximum size and weight as indicated. Any additional fees will be paid by the dancer and not LSFD. REMEMBER TO LEAVE SOME WEIGHT FOR SOUVENIRS.



Flip-Flop Sandals for Women
(Partially Plant-Based)
\$4.99
\$3.00
Best Seller

We will be allowed to bring (1) Checked Bag, (1) Carry-on Bag, and (1) Underseat Bag (bookbag). These are described below. This is a lot of information but please be sure you understand.



Number of checked bags (1)

- 1 x 23 kg: SAS Go Smart, SAS Plus Smart, SAS Go Bonus, (Basic Economy)
- Maximum size: 158 cm (length + width + height).
- Maximum weight: 32 kg (fees apply for bags heavier than 23 kg).
23 kg = 50 lbs. Anything over this will require you to pay a fee.

Number of Carry-on bags (1)

- 1 x carry-on: SAS Go Smart, SAS Go Pro, SAS Plus Smart and SAS Plus Pro, SAS Go Bonus and SAS Plus Bonus
Carry-on baggage is placed in the overhead compartment above the seats, and can be a small cabin bag, or similar.
- Maximum size: 55 cm x 40 cm x 23 cm (length x width x depth).
- Maximum weight: 8 kg
8 kg = 17 lbs.

Smaller musical instruments can be brought as your carry-on baggage, as long as they fit within our carry-on baggage allowance. The instrument case is considered as your carry-on baggage and you cannot bring any additional carry-on baggage.

Musical instruments brought as carry-on must be packed securely in hard case bags or boxes. Soft or fabric type cases are not allowed. Use a case specifically designed for carrying musical instruments.

We cannot guarantee transport of musical instruments as carry-on baggage. Our crew decides whether the instrument can be safely stowed on board. It depends on aircraft type and how full the flight is. In case your musical instrument needs to be checked in, it will be returned to you at baggage claim at your destination.

Number of Underseat bags (1)

Such as a small handbag or laptop or similar, the bag must fit under the seat in front of you. (bookbag)

- Maximum size: 40 cm x 30 cm x 15 cm (length x width x depth).

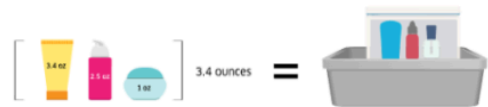
Liquids in Carry-on or Underseat Bags

You can bring a limited amount of liquid, such as as toothpaste, lotion, mascara, deodorant, perfume, etc in your carry-on baggage through security:

- Max. 100 mls per container
- You must pack all containers in one transparent, resealable bag (max. 1L)
Containers that are larger than 100 ml each regardless of amount inside must be in checked baggage.
100 mls = 3.4 oz.

Carry-On Bag

3.4 ounces (100 ml) or smaller sized containers that fit in 1 quart-sized, resealable bag may go in carry-on and through checkpoint security.



Checked Bag

Containers that are larger than 3.4 ounces (100ml) regardless of amount inside must be in checked baggage.



☐ Packing List for Checked Luggage 50 lb

Max. Your checked luggage is going to be the bag that you check-in with the airline and they will place it in the cargo hold of the plane. You will not have access to it after you check it with airport personnel.

- ☐ LSFD Dancer Costume
- ☐ LSFD Shoes for performances
- ☐ Socks and other costume requirements
- ☐ Daily Clothing (Pants, Shirts, Sweatshirts, Etc)
- ☐ Undergarments
- ☐ PJ's
- ☐ Bath Robe and flip flops

- ☐ Swimsuit
- ☐ Wet/dry bag
- ☐ Unopened Packaged Snacks (granola bars, fruit snacks, etc)
- ☐ Toiletries over 100 mls (3.4 oz) shampoo, conditioner, shower gel, deodorant, hair products, etc.
- ☐ Any sharp items like nail clippers, etc.

Packing List for Carry-on Luggage 17 lb Max. and Underseat Bag. Your carry-on bag and Underseat bag will be brought with you through security and is subject to the TSA screening process. Your carry-on bag will go into the airplanes overhead compartments inside the plane and you will be able to access them once the fasten seat belt sign has been turned off.

- ☐ LSFD T-shirt (Blue or Yellow)
- ☐ Any item that didn't fit into your checked bag that you will need during the flight (I suggest at least a change of clothes for one day)
- ☐ Phone and charger or portable battery pack and all cords
Headphones
- ☐ Sleeping Mask
- ☐ Ear Plugs
- ☐ Travel pillow or blanket
- ☐ Sweatshirt or light Jacket
- ☐ Toiletries and liquids that are under 100 mls (3.4 oz) Toothbrush, toothpaste, lotion, hair products, etc. Must be all in a ziplock bag so they are easily accessible and can be removed during TSA screening. I usually bring along 2 or 3 travel sized toothpaste and shaving cream, etc.
- ☐ Makeup Items
- ☐ Deodorant...deodorant...deodorant
- ☐ Any fragile items
- ☐ Electronics and any batteries
- ☐ Books/Magazines
- ☐ Valuables (jewelry, cash, credit cards)
- ☐ Important Documents (Passports, DL, Insurance Cards)
- ☐ Medicine (Over the counter, Prescription, Inhalers, epipens, nausea medicine, etc.)

- ☐ **Costumes.** LSFD will provide you with a garment bag for your costume. You might want to consider getting some vacuum storage bags. Using these can reduce the volume of your packed items in your suitcase. Just be sure to get the bags that include the manual hand pump.



- ☐ **Important Documents.** For international travel to Sweden you will need to have your passport. I will be collecting these the evening we leave so that

Size: 10 Medium		
10 Medium	10 Small	10 Large
\$14.44	\$15.99	\$16.99
prime	prime	prime
In Stock.	In Stock.	In Stock.
FREE Delivery	FREE Delivery	FREE Delivery

I know for sure everyone remembers to bring them and doesn't misplace them. I do ask that you make copies of the following and bring them along with you in your Underseat Bag.

- ☐ Passport
- ☐ ID (Drivers License)
- ☐ Health Insurance card
- ☐ Emergency Contacts
- ☐ Credit Card

- ☐ **Security and Screening Process.** Upon our arrival into Chicago by bus, we will have to check-in with our airline to get our boarding passes and then proceed to the security line for the screening process. Here TSA agents will be checking our Carry-on, Underseat, and (us) the passenger to be sure we are not carrying any dangerous or prohibited items before getting onto the plane. This process will also include making sure our passport matches our boarding pass or ticket. Please have both your ticket and passport in hand when you approach the security checkpoint. Show your passport and boarding pass to the TSA agent when asked. Once they hand back your passport, put them directly into your carry-on bag before walking up to the security scanner. You will have to take off some items that could set off the scanner.

Please REMOVE:

- ☐ Shoes
- ☐ Watches
- ☐ Jackets
- ☐ Belts
- ☐ Wallets (put them in your Underseat Bag)
- ☐ Cell Phones (put them in your Underseat Bag)
- ☐ Keys

We will then proceed through the line to the conveyor belt scanner where TSA will scan through an x-ray scanner all Carry-on and Underseat Bags. You will place your bags on the conveyor belt and remove items that require to have them placed outside your bag.

These items include the following:

- ☐ Laptops and any other electronic device larger than a cell phone
- ☐ Your bag of toiletries that are under 100 mls (3.4 oz). Must be together in a clear zip lock baggie.
- ☐ Any other liquids under 100 mls (3.4 oz) or powders (laundry packets, tide pens, etc)
- ☐ Food items

Once we get through security we've accomplished the hardest part. Now it's just off to find our flight gate so we can board our plane.

- ☐ **Laundry.** Laundromats are not a thing in Sweden. Some of the places we are staying do offer laundry on-site. You will really be limited on the opportunities to wash clothes but it won't be impossible. About midway through the trip or on the 9th day we are staying at a hostel in Gothenburg that does have laundry on-site. I confirmed with the hostel and they only have 1 washer and 1 dryer on-site and you must reserve. Cost is 60 SEK or \$6 USD. You might consider bringing some laundry detergent pods in a zip lock bag to do your laundry. They also make laundry sheets for traveling so you don't have to bring liquid. Another opportunity will be on night 7 at Hotel Lysekil. I confirmed with them that they have 3 machines for guests. Another opportunity is on day 11 while we are staying at a campground in Kalmar. They have multiple washing facilities located around the camp grounds. This is probably your best opportunity since we will get there in the afternoon and have the evening to wash, etc.

- ☐ **The Swedes.** The people of Sweden are a quiet and reserved culture. We as Americans can come across loud and obnoxious to others. Let's do our best to respect their culture while visiting. The Swedes also don't expect you to know how to speak Swedish. Once they know you are American they will speak English to you. The Swedes take English courses in school and they love to practice their English with Americans.

- ☐ **Passports.** Please make sure your passport has your signature on it. I noticed many of the copies that were sent over to me were not signed. You won't get past security without it signed. I don't want you to have to wait in a TSA line only to have it not signed and not have a pen and have to go to the back of the line. Sign them now ahead of time.



- ☐ **Ice.** Don't expect to get ice with your drinks unless you ask for it. Only in America do we have an obsession with ice in our drinks. Keep in mind, some places may not have ice available.

- ☐ **Water.** The tap water is safe to drink while traveling in Sweden. The Swedes will tell you the tap water is better than any bottled water. If you are sensitive to water while traveling they will have bottled water available to purchase almost anywhere. Remember there are two types of bottled water in Sweden. Still (flat) and sparkling. The still (flat) does not have carbonation so it's like most bottled water here in America. The sparkling has bubbles and can be a surprise if you're not expecting it. I encourage you to bring along a small refillable water bottle because purchasing the bottled water can be expensive.

- ☐ **Pizza.** The pizza in Sweden is different from what you would expect here at home. Many of the pizza restaurants are operated by immigrants. You will see kebab meat with mayo as toppings.



- ☐ **Currency Exchange Rate.** You will see prices on items in Sweden shown as Swedish Kronor or SEK. (Example 100 SEK). The current exchange rate is 10.88 SEK = \$1 USD. So in this example 100 SEK = \$ 9.19 USD.