

Packing list

The bottom line for any trip abroad: Pack light! Keep in mind you'll be toting your own luggage around at the airports and to and from your hotel room in each city. You are allowed one carry-on luggage item and one personal item (backpack) for this tour. So bring what you need and nothing you don't. To sort it all out, see the packing tips below.

The following are packing suggestions only; please add your own personal items to customize this list for your personal travel needs!

Clothing

Keep in mind that some religious sites require that shirts cover the shoulders and arms, and do not allow shorts, short skirts, or flip-flops. Make sure to plan for both good and bad weather.

- Clean and comfortable walking shoes and a pair of closed-toed shoes
- Shirts (short and long-sleeved) – light weight fabrics are preferable
- Socks
- Underwear
- Shorts/pants/jeans
- Pajamas
- Bathing suit (if applicable)
- Casual outfit; reserved for special event(s)
- Raincoat and/or umbrella (a small travel size recommended)
- Non-bulky/Light weight jacket
- Scarf and/or sun hat – protection from sun and quick cover for religions places
-

Toiletries

Make sure that all toiletries that are carried on to the plane meet TSA regulations and are stored properly; please see <http://www.tsa.gov/index.shtm> for specific details.

- Toothbrush
- Toothpaste
- Shampoo/conditioner
- Soap
- Deodorant
- Hairbrush/comb
- Sunscreen/hat
- Spare set of contact lenses with solution/glasses/sunglasses (if applicable)
- Prescription medicines (in their original bottles clearly labeled)
-
-

Money

Your personal ATM card and/or personal credit card (call the bank prior to departure to alert them of the trip; otherwise foreign purchases sometimes result in a hold on bank accounts).

- Make sure all bank cards have your name listed on them and are signed
- At our point of entry we will visit an ATM at the international airport that we fly into to pull out local currency.
- A pouch for storing money and passport copy under clothing (money belts work great).
-
-

Electronics

We do not recommend bringing: laptops, hair dryers, curling irons, etc. These larger machines/devices may cause problems, overload international circuits, and add excessive weight and size to your suitcase or carry-on. Suggested electronics include the following.

- An alarm clock (many hotel rooms won't have one)
- Watch with alarm
- Memory card(s) for cameras
- An adaptor/converter (available at electronic stores). Each country is different, so make sure you buy the right adaptor or converter for your destination
- Camera with ample batteries (batteries can be expensive abroad)
- I-pad, kindle, cell phone (make sure to check on international fees and rates prior to your departure and know that these are the responsibilities of the travelers)
- Headphones that plug in (so you can access the airplane entertainment systems)
- Cellphone and charging cords
-

Documents

- Passport—it is required on all Student Educational Tours. Remember to bring a couple photocopies of it (in case it is lost) and leave one copy at home. Your trip leaders will also have a copy of your passport.
- Copy of any prescriptions (Customs officials may want to verify that a container's contents match its label, so all medication should be carried in its original container.)
- Visas (if applicable)
-
-

Other Items to Consider Packing

- A copy of the tour itinerary (for your personal use)
- A list of important phone numbers and addresses to send postcards home
- A journal or diary to write in
- Empty water bottle – you will refill this while on tour
- Travel towel – If beach time or swimming is expect on your tour
- Extra Ziplocs for dirty laundry and some dryer sheets to keep your luggage fresh
- An empty duffle bag for souvenirs for the return trip
-

Personal Item – Backpack is recommended

For this tour you are allowed one carry-on (luggage) item and one personal item (backpack). Here's a short list of things that should go into your backpack. Also, make sure you do not pack anything that violates the TSA regulations; please see <http://www.tsa.gov/index.shtm> for additional details.

- Passport, Money, Airline ticket (keep on your person)
- Toothbrush and toothpaste (remember, toothpaste needs to go in a one-quart Ziploc bag, and can't be bigger than 3 oz)
- Hairbrush
- Contact lens case/glasses (to sleep comfortably on the plane)
- A change of clothes (in case luggage goes missing)
- Medication
- Any valuables (Phone, headphones, etc.)
- Neck pillow, ear plugs, eye cover, etc.
- Snacks (placed in a Ziploc bag)
-