

Packing List – D.C. and New York City



Helpful Packing Tips

- Put your full name on all personal items.
- Don't over pack! A common mistake is to take too many clothes, unnecessary toiletries, etc. **You must be able to carry your own luggage.** Usually one suitcase and a backpack are sufficient.
- Be sure to follow the TSA restrictions on the amount of liquids or gels that can be packed in carry-on bags. You can bring a single 1-quart-sized zip-top clear plastic bag with 3.4-ounce bottles or less.
- Don't forget that WorldStrides doesn't cover checked baggage fees. To avoid these fees, you may bring a carry-on suitcase and a backpack on the plane at no extra cost.
- If traveling by air, adults (18 years and older) must carry a valid picture ID (driver's license, ID card, passport, etc.) that matches the name on your ticket.

Items to Bring

- Wind/waterproof jacket
- Season-appropriate clothing (one set per day)
- Swimsuit
- Sleepwear
- Undergarments/socks
- Walking/hiking shoes
- Sandals/flip-flops for down time
- Spending money (about \$50)
- Hat (for sun protection)
- Sunscreen
- Insect repellent (wipes are recommended)
- Sunglasses
- Camera and charger or batteries
- Cell phone and charger
- Picture ID (if applicable)
- Toiletries
- Small backpack or daypack
- Plastic water bottle that fits in pack
- Pen or pencil

Optional Items

- Postcard stamps
- Travel alarm clock/watch
- Dramamine pills
- Snacks for plane ride



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