Packing List – Florida

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
• T-shirts/shorts (October-March: pack one set of warmer clothes)
• Long pants and a long-sleeved shirt (for mosquito protection)
• One or two swimsuits
• Sleepwear/undergarments/socks
• Walking/hiking shoes
• Sandals for down time (not permitted for daytime activities)
• Closed-toe water shoes with sturdy soles
• Spending money
• Hat (for sun protection)
• Waterproof sunscreen (biodegradable required for some activities)
• Sunglasses with strap
• Picture ID (if applicable)
• Toiletries
• Cell phone and charger
• Towel for outdoor activities
• Flashlight
• Insect repellent (wipes are recommended)
• Plastic water bottle that fits in pack
• Pen or pencil
• Gallon-size, zip-top bags for wet clothing and protecting your Discovery Journal from water

Optional Items

• One-time use waterproof camera
• Postcard stamps
• Travel alarm clock/watch
• Dramamine pills
• Snacks for plane ride