

Packing List – Florida



Helpful Packing Tips

- Take precautions against pesky mosquito bites when traveling to warmer climates by packing light-colored long sleeves and full-length pants in woven fabrics.
 - Bringing mosquito repellent with DEET, Picaridin, or oil of lemon eucalyptus can also lessen your chances of itchy bites.
- Put your full name on all personal items.
- Don't over pack! **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 and insect bite protection)
- Two pairs of socks per day (for comfort and insect bite 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
- Camera and charger or batteries
- Picture ID (if applicable)
- Toiletries
- Cell phone and charger
- Towel for outdoor activities
- Small backpack or daypack
- Flashlight (not a mobile phone flashlight)
- Insect repellent with DEET (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



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