



Packing Checklist

Traveler's Name _____

Departure Date _____

Destination _____ Days _____ Local Weather _____

Pack Smart and Light

You are allowed one medium-sized suitcase (22"x 14"x 9" or smaller) and one carry-on, such as a backpack, hand-bag, or small duffel bag. While packing, keep in mind you'll be carrying your luggage whenever you change locations. For a good indication of how comfortable you will be with your bags, walk around the block with your packed suitcase - you might decide to leave a few things behind. WorldStrides will provide you with two brightly colored luggage tags to make identifying your luggage easier. Fill them out and attach them to your luggage before you go to the airport.

Your Carry-On Bag

When packing your carry-on bag, remember to include a change of clothing and other necessities, in the unlikely event of a temporary luggage loss. Include your passport, valuables, and essentials such as medications, cash, credit cards, camera and jewelry. These items should never be packed in your checked luggage. Containers of liquids, food and personal items in your carry-on must be 100 ml/100 g (3.4 oz) or less. All containers must fit in one clear, resealable plastic bag no more than 1L in capacity

Packing Tips

- Use our packing checklist and check off each item as you put it in your suitcase. Leave the list at home for insurance purposes.
- Pack toiletries in a re-sealable plastic bag to prevent leakage.
- Bring clothing that can be mixed and plan to wear each outfit at least twice - you'll save a lot of space in your suitcase.
- Take precautions against mosquito bites when traveling to warmer climates by packing light-colored long sleeves, full-length pants in woven fabrics, and plenty of socks. Bringing mosquito repellent with DEET, Picaridin, or oil of lemon eucalyptus can also lessen your chances of bites.

Clothes	- Undergarments	- Comfortable Shoes	- Raincoat
	- Socks	- Swimsuit	- Hats
Toiletries	- Sleepwear	- Long Sleeve Shirts	- Scarves & Gloves
	- T-shirts	- Jeans	- Belt
Travel Essentials	- Tank Tops	- Sweater/Sweatshirt	- Shoulder Scarf for Cathedral Entrances
	- Shorts	- Nicer Dinner Outfit	
	- Sandals (warm climates)	- Jacket	
	- Toothbrush	- Hand Sanitizer	- Sunscreen with DEET
	- Toothpaste	- Contacts & Solution	- Moisturizer (3 oz)
	- Dental floss	- Glasses	- Lip Balm
	- Shaving Supplies	- Brush or Comb	- Insect Repellent with DEET
	- Deodorant	- Medications	
	- Passport/Visa	- Copies of Credit Cards	- Watch
	- Itinerary Cash	- Copies of Passport (leave one home)	- Flashlight & Batteries
	- Debit/Credit Cards	- Wallet/money belt	- Luggage Tags
	- Calling Card	- Purse	- Snacks Book
	- Credit Card Contact Info.	- Small Backpack (carry-on/day trips)	- Travel Journal Pens/Pencils
	- Emergency Contact Info.	- Cell Phone & Charger	- Converters & Adapters
	- Medical Insurance Card List of Medications	- Camera & Charger	- Umbrella
	- Copies of Travel Docs	- Travel Alarm Clock	- Sunglasses
			- Sense of Adventure