



WASHINGTON, D.C. + NEW YORK CITY

PACKING LIST & TIPS

WHAT TO BRING

- Wind/waterproof jacket
- Season-appropriate clothing (one set per day)
- 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
- Photo ID (if applicable)
- Toiletries
- Small backpack or daypack
- Water bottle that fits in pack
- Pen or pencil
- Alcohol-based hand sanitizer
- Disinfectant wipes
- Masks
- Prescription medicine
- A copy of your insurance card
- Clear bag to carry belongings as many locations have implemented new clear bag policies

OPTIONAL ITEMS TO BRING

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

HELPFUL PACKING TIPS

- Put your full name on all personal items.
- Don't overpack! 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.
- If traveling by air, adults (18 years and older) must carry a photo ID (driver's license, ID card, passport, etc.) that matches the name on your ticket.
- Make sure to have alcohol-based hand sanitizer on the plane/bus (pack it in your carry-on).
- Food service on planes and in airports may be limited, so be sure to bring snacks.
- Remember to pack prescriptions and essential items in your carry-on and consider bringing extra with you in case of emergency.