



INTERNATIONAL

PACKING LIST & TIPS

Traveler's name: _____ Departure date: _____

Destination: _____ Days: _____ Local weather: _____

CLOTHES

- Undergarments
- Socks
- Sleepwear
- T-shirts
- Tank tops
- Shorts
- Sandals (warm climates)
- Comfortable shoes
- Swimsuit
- Long sleeve shirts
- Jeans
- Sweater/sweatshirt
- Nicer dinner outfit
- Jacket
- Raincoat
- Hat
- Scarf & gloves
- Belt
- Shoulder scarf for cathedral entrances

TOILETRIES

- Toothbrush/toothpaste
- Shaving supplies
- Deodorant
- Contacts & solution/glasses
- Brush/comb
- Prescription medicine
- Sunscreen
- Moisturizer
- Lip balm
- Insect repellent

TRAVEL ESSENTIALS

- Original passport & two copies of passport
- Itinerary
- Cash
- Debit/credit cards
- Calling card
- Credit card contact info
- Emergency contact info
- Medical insurance card
- List of medications
- Copies of travel docs
- Copies of credit cards
- Wallet/money belt
- Small backpack (carry-on/day trips)
- Cell phone & charger
- Camera & charger
- Clear bag to carry belongings as many locations have implemented new clear bag policies
- Travel alarm clock/watch
- Flashlight & batteries
- Luggage tags
- Book
- Travel journal & pens/pencils
- Converters & adapters
- Sunglasses
- Snacks for plane ride
- Motion sickness pills for plane ride
- Headphones for plane ride
- Alcohol-based hand sanitizer
- Disinfectant wipes

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, handbag, 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.

HELPFUL PACKING TIPS

- Don't forget your passport! Be sure that the name on your passport matches the name on your airplane ticket exactly. And make sure to keep your passport with you—do not put it in your checked baggage.
- Use our packing checklist and check off each item as you put it in your suitcase. Leave the list at home for insurance purposes.
- 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.
- 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.