



ALASKA

PACKING LIST & TIPS

WHAT TO BRING

- **Sweaters/sweatshirts**
- **Short and long-sleeved shirts**
- **Comfortable sneakers or hiking shoes**
- **Undergarments & socks**
- **Three pairs of pants**
- **Sleepwear**
- **Warm hat**
- **Gloves & scarf**
- **Sunglasses with strap**
- **Small backpack or daypack**
- **Water bottle that fits in pack**
- **Pen or pencil**
- **Phone charger**
- **Three gallon-sized bags for wet clothes & to protect your Discovery Journal**
- **Insect repellent with DEET (wipes are recommended)**
- **Sunscreen**
- **Alcohol-based hand sanitizer**
- **Disinfectant wipes**
- **Masks**
- **Toiletries**
- **Prescription medicine**
- **A copy of your insurance card**
- **Spending money**

OPTIONAL ITEMS TO BRING

- **Motion sickness pills**
- **Headphones**
- **Snacks**

HELPFUL PACKING TIPS

- Put your full name on all personal items.
- Dress in layers and plan for two pairs of socks per day. Be sure to bring a good water/weather proof jacket to wear over your layers.
- 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.