



FLORIDA

PACKING LIST & TIPS

WHAT TO BRING

- Wind/waterproof jacket
- T-shirts/shorts (October-March: pack one set of warmer clothes)
- Long pants & a long-sleeved shirt (for mosquito/ insect bite protection)
- Two pairs of socks per day (for comfort & insect bite protection)
- One or two swimsuits
- Sleepwear/undergarments/socks
- Walking shoes
- Sandals for down time (not permitted for daytime activities)
- Closed-toe water shoes with sturdy soles
- Hat (for sun protection)
- Rash Guard/SPF Shirt
- Sunglasses with strap
- Towel for outdoor activities
- Cell phone & charger
- Water bottle that fits in pack
- Pen or pencil
- Gallon-size, zip-top bags for wet clothing and protecting your Discovery Journal from water
- Small backpack or daypack
- Camera & charger or batteries
- Flashlight (not a mobile phone)
- Sunblock (reef safe/biodegradable – Non-Aerosol)
- Insect repellent/bug wipes
- Alcohol-based hand sanitizer
- Disinfectant wipes
- Toiletries
- Prescription medicine
- Spending money
- A copy of your insurance card
- Photo ID (if applicable)

OPTIONAL ITEMS TO BRING

- Motion sickness pills
- Headphones
- Snacks
- One-time use waterproof camera

HELPFUL PACKING TIPS

- Take precautions against 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 eucalyptus oil can also lessen your chances of itchy bites.
- 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.