

## PACKING ESSENTIALS

This packing guide is based on the experiences of guests who have traveled with us, and have enhanced their trips by being prepared.

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Most importantly for international trips, make sure your **passport** is current and valid well in advance of your trip. You may wish to bring an additional government-issued ID (e.g., driver's license or ID) so you don't have to carry your passport everywhere on the trip. **Keep your ID in a safe place at all times.**

### Money

- ❑ €300 - €500 (Euros) in small bills 1's, 5's, 10's, 20's. Money is used for tipping service staff (if applicable at your destination) and purchasing souvenirs.

### Clothing, Shoes, & Weather Readiness

Focus on light, breathable clothing and shoes that can be layered. There is limited to no access to washers and dryers. Check with your lodging accommodations about laundry service.

- ❑ Beach/hot tub attire (swimwear, cover-up, flip-flops, water shoes, hat, sunglasses, etc.)
- ❑ Attire for the theme/activity of the day (dinner, nightlife, etc.)
- ❑ Comfortable, breathable pajamas
- ❑ Comfortable walking shoes
- ❑ Hiking shoes (if you will be hiking on your trip)
- ❑ Light jacket, long-sleeved shirt, or sweater (for mountain trips and evening breezes)
- ❑ Long pants/leggings/workout pants
- ❑ Rain poncho or umbrella
- ❑ Shorts
- ❑ Short-sleeved shirts and/or tank tops
- ❑ Underwear and socks



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### Toiletries & Hygiene (travel size)

You are allowed to bring a quart-sized bag of liquids, aerosols, gels, creams and pastes through the airport checkpoint. These are limited to 3.4 ounces (100 milliliters) or less per item. This is also known as the 3-1-1 liquids rule.

- ☐ Bug spray
- ☐ Contact solution
- ☐ Deodorant
- ☐ Disinfectant wipes
- ☐ Feminine hygiene products
- ☐ Hair care products (shampoo, conditioner, combs, brushes, etc.)
- ☐ Hand sanitizer
- ☐ Lotion
- ☐ Makeup and brushes
- ☐ Nail care (clippers, files, etc.)
- ☐ Odor-eliminating spray (e.g., Febreze)
- ☐ Soap
- ☐ Sunscreen
- ☐ Toothbrush, toothpaste, mouthwash, dental floss

### Snacks

Snacks should be individually wrapped, non-perishable food items such as:

- ☐ Granola bars/protein bars/meal replacement bars
- ☐ Trail mix/nuts/dehydrated fruits



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## Electronics

- ☐ Batteries/portable chargers
- ☐ Camera (if you are not using your phone) w/memory cards
- ☐ Charging/data syncing cables for electronic devices
- ☐ Flashlight
- ☐ Headphones/earbuds

## Healthcare

- ☐ Antacid (e.g, Pepto Bismol or Kaopectate)
- ☐ Anti-diarrheal (e.g., Imodium)
- ☐ Antiemetic (e.g. Dramamine)
- ☐ Antihistamine (e.g., Benadryl)
- ☐ Anti-inflammatory (e.g., Ibuprofen)
- ☐ Any current medications, vitamins, or supplements you take regularly
- ☐ EpiPen (if applicable)
- ☐ Herbal digestive tea (to help loosen bowels)
- ☐ Immune system boosters (e.g. vitamin C & zinc)
- ☐ Probiotics (begin taking 2 capsules per day 2 weeks prior to the trip)

## Communicating with Friends and Family While Abroad

- WhatsApp is generally the best and least expensive (free) way to communicate with others while abroad and across multiple device types. WhatsApp can be used with wi-fi or a data plan. Generally, restaurants and hotels make wi-fi easily accessible.



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## Downloaded/Printed Documents

It's a good idea to take screenshots and/or download essential documents on a smartphone or tablet in case of variable internet connection. You may consider keeping paper copies of reservations, vaccination cards, travel insurance policies, emergency contacts, etc. in a waterproof envelope in your personal item or carry-on luggage.

- ☐ Tickets
- ☐ Reservations
- ☐ Area maps
- ☐ Airline contact information
- ☐ Family and friends contact information
- ☐ Emergency contact information

## Travel Insurance

While we would rather not think about all of the things that might go wrong on your trip, it's better safe than sorry. You are free to choose a provider and purchase your own plan.

## Transportation Security Administration (TSA) Travel Tips

Preparing for travel may be stressful, but it doesn't need to be. You are encouraged to keep these travel tips in mind to help facilitate the security screening process during your next trip to the airport. Please click [here](#) for visuals concerning travel tips from the Transportation Security Administration (TSA).

## Luggage Requirements

Luggage requirements vary by airline and country. Be sure to check each airline's specific luggage requirements prior to departing. What works in one situation may not work in another. Leave space for nice things you pick up on your journey.

