HELPFUL PACKING TIPS

− Put your full name on all personal items.

− Don’t over pack! 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 at no extra cost.

− If traveling by air, adults (18 years and older) must carry a picture ID (driver’s license, ID card, passport, etc.) that matches the name on your ticket.

WHAT TO BRING

− Wind/waterproof jacket
− Season-appropriate clothing (one set per day)
− Sleepwear
− Undergarments/socks
− Walking/hiking shoes
− Sandals/flip-flops for downtime
− Spending money (about $50)
− Hat (for sun protection)
− Sunscreen
− Insect repellent (wipes are recommended)
− Sunglasses
− Camera and charger or batteries
− Cell phone and charger
− Picture ID (if applicable)
− Toiletries
− Small backpack or daypack
− Plastic water bottle that fits in pack
− Pen or pencil

OPTIONAL ITEMS

− Travel alarm clock/watch
− Dramamine pills
− Snacks for plane ride
− Postcard stamps