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 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
− T-shirts/shorts (October-March: pack one set of warmer clothes)
− Long pants and a long-sleeved shirt (for mosquito/insect bite protection)
− Two pairs of socks per day (for comfort and insect bite protection)
− One or two swimsuits
− Sleepwear/undergarments/socks
− Walking/hiking shoes
− Sandals for down time (not permitted for daytime activities)
− Closed-toe water shoes with sturdy soles
− Spending money
− Hat (for sun protection)
− Waterproof sunscreen (biodegradable required for some activities)
− Sunglasses with strap
− Camera and charger or batteries
− Picture ID (if applicable)
− Toiletries
− Cell phone and charger
− Towel for outdoor activities
− Small backpack or daypack
− Flashlight (not a mobile phone flashlight)
− Insect repellent with DEET
− Plastic water bottle that fits in pack
− Pen or pencil
− Gallon-size, zip-top bags for wet clothing and protecting your Discovery Journal from water

OPTIONAL ITEMS

− One-time use waterproof camera
− Postcard stamps
− Travel alarm clock/watch
− Dramamine pills
− Snacks for plane ride