HELPFUL PACKING TIPS

− Don’t forget your passport! Be sure that the name on your passport matches the name on your airplane ticket exactly. And make sure to keep your passport with you – do not put it in your checked baggage.

− Make two copies of your passport. Keep one in your checked baggage, separate from your actual passport, and give one to your Program Leader.

− 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.

− Dress in layers on top and bottom, and have two pairs of socks per day. Jeans are discouraged.

− 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 and waterproof jacket
− Season-appropriate clothing (one set per day)
− Three pairs of pants for hiking (avoid jeans, water & windproof pants are suggested)
− Swimsuit
− Sleepwear
− Undergarments/socks
− Waterproof hiking boots
− Flip flops (for showering at Blue Lagoon)
− Spending money (exchange some money prior to departure)
− Gloves, scarf, hat
− Sunscreen & sunglasses with strap
− Camera and charger or batteries
− Cell phone and charger
− Picture ID (if applicable)
− Toiletries
− European plug adapter
− Small backpack or daypack
− Plastic water bottle that fits in pack
− Pen or pencil
− Three gallon-sized bags for wet clothes & to protect your Discovery Journal

OPTIONAL ITEMS

− Travel alarm clock/watch
− Dramamine pills (not patches)
− Snacks for plane ride
− Hand and foot warmers
− Headphones for plane ride