

# Packing List for Traveling Abroad

## Luggage

Standard airline luggage restrictions are two checked and one carry on bag. Please check with your tour leader and the appropriate airline for weight and size restrictions.

## Clothing

7-10 pairs underwear/bras  
7 pairs socks  
7 T-shirts  
1-2 button down shirts  
1-2 long sleeve shirts  
1 skirt/dress  
1 sweater or sweatshirt  
1 rain jacket  
2 pairs of jeans  
1 pair cotton pants  
2 pairs of shorts  
1 swimming suit  
1 pair of nice shoes (versatile for casual or dress)  
1 pair athletic shoes (comfortable for walking)  
1 pair sandals  
1 hat  
several nice, versatile items for going out  
warm clothes that you can layer

## Miscellaneous

watch  
journal  
flashlight  
umbrella  
camera  
8-10 rolls of film  
sun block  
bug spray  
jewelry

2 novels  
1 travel guide (Lonely Planet, Berkley Guide)  
address book  
stain stick  
laundry detergent  
extra batteries if you're bringing something electronic  
3 copies of passport, drivers license, ID pieces

## Toiletries (travel sizes if possible)

(any plug in item will require a converter)  
tampons  
toothbrush/paste  
band-aids  
deodorant  
soap  
shampoo/conditioner  
vitamins/Advil/A.D. pills  
lotion  
contacts, cleaning solution, case  
glasses/sunglasses  
waterless hand cleaner  
ziplock bags (for wet items or other things)  
razor/shaving cream  
Dramamine (motion sickness pills if needed)  
small make up bag  
dental floss  
hairbrush/comb  
hairspray  
cottonballs  
prescription drugs (you should have 2 complete prescriptions filled in case you lose 1)

### **In Personal Pouch, at all times!**

Passport/green card  
Plane tickets  
2 credit cards  
traveler's checks  
ATM card (know PIN numbers)  
ID pieces (driver's license, school ID)  
Insurance cards  
\$100 in fives, tens and twenties

Have someone at home know all credit card numbers and phone numbers to call in case there is a theft and keep the same information encrypted somewhere in your belongings.

**Remember, if you see something that you don't use, don't bring it. Only bring items that are essential. If you don't see something on the list that you will need, bring it.**

### **Airline websites**

[www.aa.com](http://www.aa.com)  
[www.continental.com](http://www.continental.com)  
[www.delta.com](http://www.delta.com)  
[www.nwa.com](http://www.nwa.com)  
[www.united.com](http://www.united.com)  
[www.usairways.com](http://www.usairways.com)  
[www.airfrance.com](http://www.airfrance.com)  
[www.alitalia.com](http://www.alitalia.com)  
[www.britishairways.com](http://www.britishairways.com)  
[www.iberia.com](http://www.iberia.com)