

# Packing Tips



## *What to Pack:*

- PASSPORT** (This is the one item you must not forget)
- Passport pouch** provided by CETA
- School ID** to avoid additional admission costs
- ATM card, credit card, and/or traveler's checks**
- Toiletry items and feminine hygiene products** (if applicable)
- Washcloth & towel**
- Travel alarm clock** (battery powered)
- Sunglasses, sunscreen and insect repellent**
- Small backpack** (use as your carry-on)
- Camera** (mark with your name), **extra film** (pack only in your carry-on) or **extra memory cards**
- Extra batteries** or rechargables with charger
- Ziploc bags** are handy for wet clothes & towels, shampoo bottles, etc.
- Laundry Detergent\*** (small amount for hand washing clothes; some shampoos work well too)
- Prescription and/or over-the-counter medications** you may need (pain relievers, antacids, Dramamine, etc.) All medication must be in its original container.
- Pens and/or pencils**
- Pre-printed address labels** for sending postcards
- Small pocket calculator** for converting prices
- Converter and/or adapter plug** for anything electric (consider sharing 1 hair dryer between several people)\*
- Playing cards, travel games, 1 or 2 books, magazines\***
- Pocket dictionary**
- Swimsuit**
- Socks & underwear** (enough for each day of the tour, unless you plan on hand washing)
- 2-3 pair nice pants/jeans and/or shorts** (no holes or tears, each pair to be worn several times)
- 4-5 short-sleeved shirts** (plan on wearing each more than once)
- 1 sweatshirt, sweater or light jacket**
- Umbrella\*** (travel size)
- 2-3 pairs of shoes** suitable for walking, **Flip-flops** for the shower/beach

\* = optional

**Remember: What you bring, you will carry!**

# Packing Tips (continued)



## *A Note on Clothing*

You should pack enough clothes to last *at least* a week. It may be difficult, but it is usually possible to wash some items at the hotels. Bring the same kinds of clothes that you would wear to school. The weather in Europe should be comparable to what we normally experience here. Please, however, leave the “well-worn” and “holey” jeans and T-shirts at home! As a representative of your high school, you will want to look your best! In addition, we’ll be doing considerable walking, so you should have a good pair of walking shoes along.

## *What NOT to bring:*

- X Anything you would be devastated to lose**
- X Jewelry, including expensive watches**
- X Electronic equipment** (personal DVD players, iPods, etc.)
- X Cell phones** (many don’t work overseas)
- X Overly patriotic clothing**
- X Offensive clothing**
- X Revealing clothing** (spaghetti-strap tank tops, crop tops, short shorts, short skirts, etc.). Such attire is not appropriate for visiting churches and will attract unwanted attention.
- X Bulky sweatshirts**
- X Rollerblades**
- X Musical instruments** (guitar, etc.)
- X Rolling carry-on bags** (like flight attendants use)
- X Lighters**