



## What to Pack For Your Student Tour

- PASSPORT** - the one item you must not forget, secured in a **passport pouch** (provided by CETA) or money belt
- School ID** to avoid additional admission costs (leave your driver's license at home)
- ATM and/or credit cards** - see *Money* section for more information
- Travel insurance policy information** if purchased
- Personal care items** (shampoo, lotion, toothpaste, etc.)
- Digital thermometer**
- Washcloth** (not provided at hotels or hostels) & **towel** (only provided at hotels) - not optional!
- Masks/face coverings that cover nose & mouth** - at least 3-4 washable masks & plan to wash them out at night
- Hand sanitizer** - have a small bottle in your carry-on bag and a larger supply in your checked luggage
- Disinfecting wipes** - plan to wipe down surfaces on planes, busses, and hotel rooms
- Travel alarm clock, watch, or electronic device** (with alarm & clock) - turn off cellular data!
- Wired ear buds/headphones** - use with in-flight entertainment system and/or personal audio guides, if applicable
- Sunglasses, hat, sunscreen, aloe vera** and **insect repellent**, if applicable
- Small backpack** - best used as your carry-on!
- Pre-packaged healthy snacks** - no produce\*
- Camera\*** marked with your name & extra memory cards, or plan to use your smartphone for all pictures
- Extra batteries** and/or **charging cord** for electronics
- Zip-close bags** (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 and a journal** - you'll want to use your own pen when signing credit card receipts
- 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\***
- Swimsuit** - you never know what might be possible during a free afternoon!
- Socks & underwear** - enough for each day of the tour, unless you plan on hand washing
- 2-3 pairs of pants/jeans and/or shorts** - no holes or tears, plan to wear each pair several times
- 4-5 shirts** - plan on wearing each more than once
- 1 lightweight sweatshirt, sweater, jacket or coat**, depending on the climate of your destination
- Umbrella** (travel size) or **rain jacket**
- 2 pairs of (broken-in) shoes** suitable for walking (1 pair should be closed-toe), **flip-flops** only for the shower

\* = optional

### 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 in the evenings. You'll be doing considerable walking every day, so you should have a good pair of walking shoes along. Be sure that all shoes are broken in prior to departure. New shoes = blisters!

## What to Pack For Your Student Tour (continued)

### What NOT to bring:

**X Anything you would be devastated to lose**

**X Jewelry, including expensive watches** - these can make you a target for pickpockets

**X Sweets or soda** can attract insects and other unwanted pests to your luggage

**X Overly patriotic clothing**

**X Clothing that would violate your school's dress code** - When visiting churches, you are required to be covered from the tops of your shoulders to your knees as a sign of respect.

**X Bulky sweatshirts** (only applicable to summer groups)

**X Musical instruments** (guitar, etc.)

**X Lighters**

**X Selfie stick** - Banned by many museums, palaces and other attractions. Selfie sticks can also make you a visible target for pickpockets and thieves.

### Notes about Packing for the Return Flight

- Persons under 21 years old are **not** permitted to bring wine or other alcoholic beverages into the United States. In past years, students who have received such items to give to their parents as presents from their host family have had the alcohol confiscated by US Customs Agents.
- Seeds, plants and produce may not be brought back into the United States. If a US Customs agent finds them, they will be confiscated.
- If you have purchased a pocket knife, Swisscard, sword, letter opener, or any other sharp object, it **must** be packed in your checked luggage.
- Liquids, gels and aerosols in containers larger than 3 ounces must be packed in your checked luggage. Exceptions may be made for hand sanitizer - see TSA website for more information.