



## Packing Suggestions

Since your traveling style and preferences may be different from ours, we offer the following only as suggestions for your consideration.

**Luggage, hard-sided or soft?** This is simply a matter of preference. Hard-sided luggage offers better protection for your belongings. If you plan to bring along items you do not want compressed or crushed, or if you plan to bring home “crush sensitive” items, you may want to seriously consider the hard-sided alternative. Hard-sided luggage can, however, be more difficult to manipulate through narrow hallways and staircases. Soft-sided luggage is often easier to carry, but is more susceptible to the “crush factor” and is generally more difficult to lock up.

**Clothing.** When packing clothes, remember that layering makes the best sense no matter where you’re traveling. Dressing in layers that can be quickly removed or added according to the temperature and your level of activity is the best strategy. Also remember that it may be warmer or cooler than expected, so bring an appropriate range of clothing.

**The Packing List.** We recommend that you pack as lightly as practicable given the nature of your trip. Bring what you need, but try to select wardrobe items that are versatile and can be used in a variety of situations. Try to bring items (cotton/polyester blends) which can easily be hand washed and will dry quickly. Minimize 100% cotton clothing. Remember that the fewer suitcases you bring, the easier it will be to manage your belongings. Here is a suggested packing list:

- Passport (for international trips) and airline tickets (or ticket receipts in the case of e-tickets)
- Very comfortable walking shoes
- Short sleeve shirts
- Long-sleeve shirt
- Casual pants/slacks
- Underwear
- Socks
- Sleepwear
- Blazer or nice blouse for evening wear
- Rain jacket and umbrella
- Fleece jacket, vest, or similar insulation
- Warm hat and gloves
- Sunglasses
- Water bottle
- Tote bag, day pack, or waist pack, and some toilet paper for emergencies
- Laundry soap (line and a couple of clothes pins could come in handy)
- Ziplock bags and a few plastic garbage bags
- Washcloth (for trips abroad; often not provided in Europe)
- Extra glasses, ear plugs

- Small notebook, pencils, pen
- Toiletries, medicines, vitamins, Dramamine (if you get motion sickness)
- First aid supplies and insect repellent (if you will be traveling in areas outside of cities)
- Instant decaf-coffee packets (if you desire it). Decaffeinated coffee is often not available in Europe (though this is changing)
- Credit/Debit cards (check the expiration date)
- Money belt or pouch (large enough to hold your passport)
- Leg safe (like the top of an elastic sock) to hold cash and credit cards
- Small calculator (to figure exchange rates)
- Binoculars
- Travel alarm clock
- Camera and film or digital media (bring more than you think you'll use)
- Extra batteries/charger for your camera
- Address book/postcard list
- Copy of ID pages of your passport (if traveling abroad), glasses prescription, medical prescriptions

**A note about using electrical appliances abroad:** We recommend that you consider not bringing any electrical appliances on trips outside of North America. Most areas of the United States and Canada have 110-volt, 60 hertz alternating current, but this is usually not the case abroad. (Most countries outside North America use 220-volt, 50/60 hertz alternating current.) Unless you use a **power converter** your U.S. appliance may fall victim to the local power grid. If you take an electric shaver, hair dryer, or iron, you will need to bring along a **plug adapter** so your U.S. plug can be connected to the wall outlets in the country in which you will be traveling. Adapter/converter kits that include the entire range of plugs can be obtained at travel stores. However, note that even with special plug adapters and power converters, you may still run into problems. For your digital camera chargers, check the label on the back of the charger to see if the input voltage/frequency range will allow you to plug the charger (with the plug adapter) directly into a wall outlet without a power converter. You can find information about the electrical systems (voltage/frequency) of various countries around the world at the following web pages: <http://www.kropla.com/electric.htm> and <http://www.kropla.com/electric1.htm>.

## Hints:

1. Use your tote bag, daypack, or waist-pack as carry-on luggage. We suggest you have the following items in your daypack: Necessary drugs, toiletries (as permitted by the TSA; see <http://www.tsa.gov/travelers/>), one change of clothes (just in case, heaven forbid, your checked luggage gets delayed), rain shell, reading material, small supply of toilet paper in a zip lock bag, small flashlight, camera gear, binoculars, other fragile/valuable items.
2. Wear only minimal/essential jewelry. Leave anything precious at home.
3. Once at your destination, you may want to adopt the habit of washing socks, underwear, and perhaps your shirt each night before dinner. It's one way to guarantee you'll always have clean clothes at the ready.