

## Carry-On Bag

Plan to bring a backpack or bag that is easy to carry and can fit under an airplane seat. Your bag must fit into the baggage gauge at check-in (including handles, pockets and wheels). You must be able to lift your carry-on bag into the overhead locker by yourself.

**Most airlines also require bags to be smaller than approximately 22" x 14" x 9"**

- Bible, devotional materials, pencil/pen and journal
- Change of clothes
- Neck pillow/ear plugs/eye cover for sleeping
- Phone/camera with appropriate chargers and memory cards
- Toiletries under 3oz in a quart-sized, clear bag
- Advil, Tylenol and any other over-the-counter medications you typically use including all-natural sleep aid (melatonin, etc.)
- Personal prescriptions (must be in original container)
- Snacks (non-perishable, non-melting)
- Spending money (US dollars can be changed at the hotel) or credit cards (check with your bank for international transaction fees).
- Playing cards, other small games or reading materials
- Reusable empty water bottle
- ALL 3 of the following cards:**
  - **Passport**
  - **Driver's License**
  - **Student ID (if residential student)**

## Checked Bag

Can be a suitcase, duffle bag or large backpack that is **under 50 pounds (which you can carry/roll yourself)**.

- Clothing & Footwear
  - Bring enough weather appropriate sets of clothing for the days of the trip plus a few extra outfits
  - One business-casual outfit
  - Comfortable walking shoes or sneakers with traction for wet surfaces and with straps or laces
  - Flip-flops and modest swim wear (one-piece and shorts for ladies, loose-fitting shorts for men)
- Toiletries and liquids beyond 3oz
  - Shampoo, sunscreen, liquid soap, etc.
- Healthy snacks to last the duration of the trip
  - Snack bars (especially for those with dietary restrictions)
- Phone or device with alarm capabilities
- Umbrella/light water-resistant jacket
- Hat
- Scarf/Shawl for women at holy sites
- Travel adapter for electrical devices
  - Type C or Type E/F (compatible for most smart devices)
- European flat iron/curling iron (if needed)
  - You cannot use a transformer with such a device

## Tips & Information

- Call your bank and inform them which countries you will be visiting, and on what days, to prevent your credit card from being declined.
- Check the projected weather of where you are going and pack with this in mind (potentially bring a rain jacket, light sweater, or hat depending on the weather of your destination).
- Be conscientious of clothing modesty and any writing or logos that may be offensive to different cultures.
- Pack heavy items at the bottom so clothes don't slide around.
- Leave room in your suitcase for any souvenirs you buy while in country.
- Tape the lids of liquid bottles to keep them shut. Do not take pressurized spray cans as they may explode in flight.
- Make a list of everything you packed. (Insurance Purposes)
- Make two copies of all travel documents and leave one copy at home in the case your documents are lost or stolen.
- Pack as if you will not be able to purchase any necessities you may need at your destination.
- Pack as light as possible as you will be carrying your own luggage.**
- Consider bringing some clothes with secret pockets to store money and other valuable items when in crowded or large areas to prevent pickpocketing.
- Remove all baggage tags or stickers from previous flights.
- Label your bags inside and out with your name, destination address, email, and mobile number.
- Add colorful straps or tags to help identify your bag on the carousel.
- The following website describes the type of adapter and converter you will need
  - o <https://www.rei.com/learn/expert-advice/world-electricity-guide.html>
- For more advice on how to pack, the following website provides useful information
  - o <https://www.ricksteves.com/travel-tips/packing-light>