

# Packing Guide



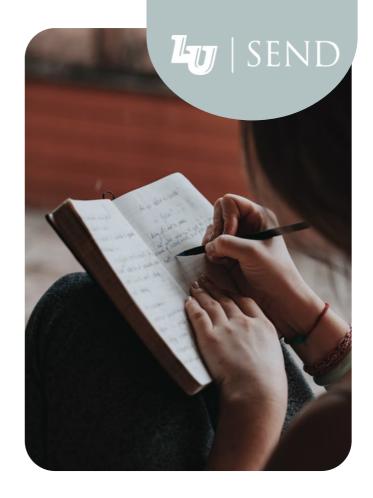
# Carry-On Bag

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 carryon bag into the overhead locker by yourself.



#### **Carry-On Items**

- □ Bible, devotional materials, pencil/pen, and journal
- □ Change of clothes
- □ Neck pillow/earplugs/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:
  - Passport
  - Driver's License
  - Student ID (if residential student)

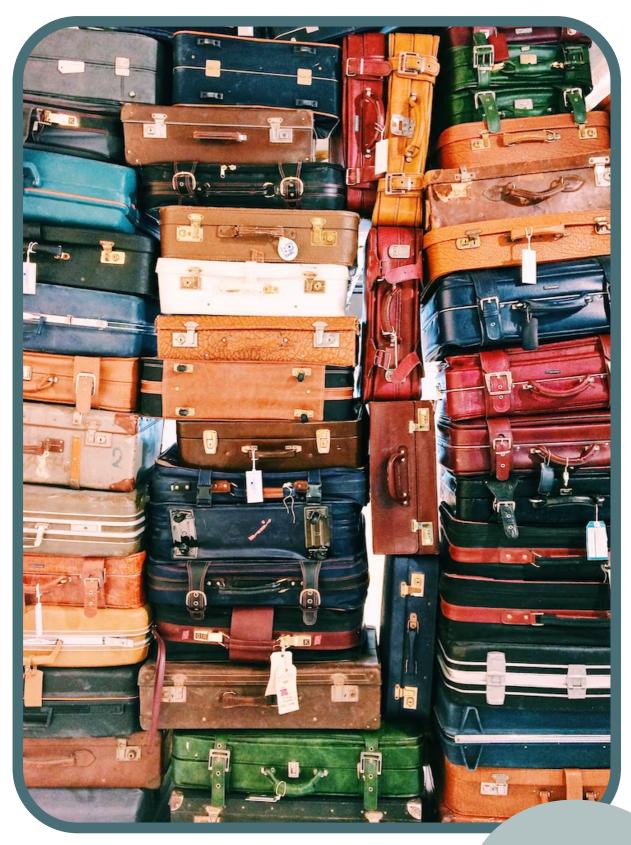


"Adventures are the best way to learn" -unknown



# **Checked Bag**

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



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## **Checked Bag Items**

- □ Clothing & Footwear
  - Bring enough weatherappropriate sets of clothing for the days of the trip plus a few extra outfits
  - One business-casual outfit for dinner out and/or worship service
  - Slip-on pants/skirt/scarf for modesty at holy sites (shoulders and knees must be covered)
  - 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)
  - Hat

- □ Travel Towel
- □ Toiletries and liquids beyond 3oz
  - Shampoo, sunscreen, liquid soap, etc.
- ☐ Healthy snacks to last the duration of the trip o Snack bars (especially for those with dietary restrictions)
- □ Umbrella/light water-resistant jacket
- □ Travel Scale
- □ Phone or device with alarm capabilities
- ☐ Travel adapter for electrical devices
  - In Scotland, the power plug sockets are of type G. The standard voltage is 230 V and the frequency is 50 Hz.

### Suggested Items from our team at LU Send

- ☐ Motion SicknessBracelet
- □ Keychain Flashlight
- □ Polaroid Camera
- □ Gatorade Packets
- □ Fanny Pack

- **□ Detergent Packs**
- □ Travel Size
- **Febreeze**
- □ Travel Blanket
- □ Hammock
- □ Kavu

- □ Mini Fan
- ☐ Hiking Backpack
- □ Toilet Seat
- Covers
- **□** Reading Light





# **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 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.
- □ Adaptor In Scotland, the power plug sockets are of type G. The standard voltage is 230 V and the frequency is 50 Hz.