



Packing List for Historic Destinations – East Coast, Illinois, and California

Read these guidelines carefully and refer back to them frequently. This information was gathered to assist you in packing efficiently and effectively.

Packing Checklist

(Put student's full name on all personal items)

- Comfortable walking/hiking shoes
- Season-appropriate clothing (one outfit per day)
- Wind/waterproof jacket
- Watch
- Sleepwear
- Swimsuit (depending on hotel)
- Sunscreen
- Hat (for sun protection)
- Sunglasses
- Small backpack or daypack
- Plastic water bottle that fits in pack
- Camera and batteries or charger
- Picture ID
- Spending money

Optional Items

- Prepaid phone card
- Postcard stamps
- Travel alarm clock
- Dramamine (if student is prone to motion sickness; look for 'less-drowsy' formula)

Packing Tips

- Put student's full name on all personal items.
- Don't over pack! A common mistake is to take too many clothes, unnecessary toiletries, etc. **Each student must be able to carry his/her own luggage.** Usually one suitcase and a backpack are sufficient.
- Use large Ziploc bags to hold shampoos and other toiletries that could leak. Extra Ziplocs should be packed as well; these will be handy for wet bathing suits and other wet or dirty clothes.
- If traveling by air, students must carry a picture ID (driver's license, ID card, passport, student ID, etc.) which matches the name on his/her airline ticket.

Please refer to page two for additional information about traveling.



WorldStrides Identification Badges and Luggage Tags

Thirty days prior to travel, WorldStrides will provide one Identification Badge and two luggage tags per traveler. After being filled out, these tags may be collected by your Program Leader until final roll call prior to departure. Additionally, many travelers find it helpful to attach a unique ribbon or tag to baggage to avoid confusion between bags of similar appearance.

Airline Baggage Restrictions

Airlines restrict travelers to a maximum of two total bags on domestic flights, including equipment. One carry-on is allowed, as long as it fits under the seat or in the overhead bin. Specifically, it must not exceed 22" x 14" x 9" or 40 pounds. For domestic flights, passengers are allowed one checked bag, which must not exceed 50 pounds. Additional fees apply to additional bags and oversized/overweight cargo. WorldStrides accepts no responsibility for additional fees and discourages you from traveling with these items. As restrictions may vary by airline, please check your carrier's website for more details.

The Transportation Security Administration restricts the amount of liquids that can be packed in carry-on bags. Each passenger is limited to bringing a single 1-quart-sized zip-top clear plastic bag with 3-ounce bottles or less. Any liquids or gels must be in 3-ounce bottles or less for unchecked luggage.

Please remember, students must be able to carry all of their own luggage.

Baggage Fees

Many airlines are now charging baggage fees for the first and/or second checked bag. These fees are not covered by WorldStrides and are the responsibility of the traveler on both the departing and returning flights. To avoid these fees, students may bring a carry-on suitcase and a backpack on the plane at no extra cost. Baggage policies vary from airline to airline and are continually changing, so please check your carrier's website regarding the most up-to-date baggage fees.