



Science in Motion Packing List

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

Packing Checklist

- Walking/hiking shoes
- Closed-toe water shoes with sturdy soles (sandals are not appropriate for most activities)
- T-shirts and shorts
- Lightweight sweater and pants (depending on season)
- Flip-flops or sandals
- Wind/waterproof jacket
- Sleepwear
- Undergarments
- Swimsuit
- Towel for outdoor activities
- Hat (for sun protection)
- Sunglasses
- Spending money (about \$50)
- Camera and batteries
- Watch
- Toiletries
- Waterproof sun block (minimum 30 SPF)
- Insect repellent (wipes are recommended – work well and don't spill)
- Small backpack or daypack
- Water bottle
- Pen or pencil

Optional Items

- Postcard stamps
- Cell phone (if allowed by Program Leader)
- Dramamine pills (not patches; look for 'less drowsy' formula')
- Snacks for plane ride

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 quart-sized Ziploc bags to hold (3 ounces or less) shampoos and other toiletries that could leak.
- Pack extra plastic bags for storing wet bathing suits or dirty clothes.
- Carry a picture ID if 18 or older that matches the name on the airline ticket. If younger than 18, the WorldStrides name badge is sufficient.



Baggage Guidelines

WorldStrides Identification Badge 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.

Baggage Restrictions

Airlines restrict travelers to a maximum of two total bags, including equipment, on domestic flights. 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. 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 (including sun block) must be in 3-ounce bottles or less.

For domestic flights, passengers are allowed one checked bag, which must not exceed 50 pounds. Baggage fees apply to excess baggage and oversized baggage. WorldStrides accepts no responsibility for additional fees and discourages you from traveling with these items. Baggage policies vary by airline, so please check your carrier's website for more details.

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.