

Packing List for *Historic Destinations – East Coast 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.)*

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

Optional Items

- | | |
|---|------------------------------------|
| <input type="checkbox"/> Prepaid phone card | <input type="checkbox"/> Dramamine |
| <input type="checkbox"/> Postcard stamps | (if prone to motion sickness; |
| <input type="checkbox"/> Travel alarm clock | look for 'less-drowsy' formula) |

Packing Tips

Don't over pack! A common mistake is to take too many clothes, unnecessary toiletries, etc. **Each student must be able to carry their 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.

Airline Bag 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.



In terms of liquid or gels packed in carry-on luggage, each passenger is allowed to pack a single, one-quart-sized, transparent zip-top plastic bag. That bag can hold containers of liquids or gels that are less than three ounces in size (about 100 ml).

Name Badges and Luggage Tags

Thirty days prior to travel, WorldStrides will provide one name 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.