

Dive In: Life in the Field 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)
- Flip-flops or sandals for other times
- T-shirts and shorts (October-March: pack one set of warmer clothes)
- One set of lightweight long pants and a long-sleeved shirt (for mosquito protection)
- Wind/waterproof jacket
- Sleepwear
- Undergarments
- One or two swimsuits
- Towel for outdoor activities
- Hat (for sun protection; a clip is helpful to prevent hat from being lost during boat travel)
- Sunglasses with strap
- 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
- Flashlight
- Pen or pencil

*NOTE: One-time underwater cameras are recommended for use while snorkeling and during other activities near water.

Optional Items

- Water bottle
- Postcard stamps
- Cell phone (if allowed by Program Leader)
- Dramamine pills (not patches; look for 'less drowsy' formula')
- Snacks for plane ride
- Mask, snorkel, and fins*

*NOTE: Snorkel equipment is available to students who do not have their own. If you already own equipment, you may bring it on your program.

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 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 identification 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 unchecked luggage.

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.