



Packing List for BreakAways

(adapt as appropriate per destination and type of travel)

Principle No. 1: Pack only what you can carry. Do *not* bring an enormous bag! Even if your bag has rollers, they may be useless on the roads, sidewalks and staircases that you encounter en route and at your destination. If you cannot *carry* all of your stuff around the block *by yourself*, it's too much.

Principle No. 2: The leaner the better! Luggage literally is a drag when you travel. The less you have with you, the easier you get around and the less you have to worry about losing or getting it stolen. Ideally, bring along no more than what fits into a carry-on size bag. In any case, bring absolutely no more than three luggage items:

- **1 under-garment traveler's purse** for important items (passport, itinerary, money, credit card etc.) that you *carry on your body at all times*;
- **1 carry-on bag** (definitely pack a small shoulder bag or backpack for site visits or day trips);
- if absolutely necessary, no more than **1 checked bag** (the airline may charge you for this), medium size.

Principle No. 3: If you check a bag, assume it will get lost. Pack in your checked bag only what you can spare—no valuables, no medications, nothing that you need immediately upon arrival. If you travel with a friend, share your checked bag, place some of your things in his/her bag and vice versa. That way, if one bag doesn't arrive with you, both of you will still have something to wear. Once at your destination, you can re-sort your things.

Principle No. 4: Pack smartly to see the world, not laundromats. Pack clothes made of *quick drying* fabric and plan on washing some clothes (underwear, socks) in the sink by hand pretty much every night. That way you need no more than 2-3 changes of clothes and will still have clean clothes to wear every day for weeks. (Leave jeans at home or plan on *not* washing them during the entire trip, as denim takes forever to dry.)

What To Pack For Traveling Lightly and Smartly

For sink washing:

- a bit of string for clothesline
- a rubber sink stopper (flat disk, about 6" in diameter), works everywhere, better than a balled-up sock
- clothes pins
- detergent (liquid works best, fill into a 3-oz. travel-size shampoo bottle; or purchase powder in *sealed* travel size packets)

Clothing:

Keeping up with the fashion of your destination is a lost cause anyway, so you may as well give priority to comfort and convenience. Check the web what kind of weather is typical for your destination during the season when you travel. *Layering* clothes for cooler/warmer temperatures gives you the most flexibility. Pack comfortable clothes of quick drying fabric, without designs that immediately identify you as American. Generally, dress more modestly and more "formally" than you might in the Midwest—you and the group will have less hassle and more respect.

For everyday:

- shirts/tops: 3. All shirts/tops should have *sleeves*, covering at least shoulders and upper arms (NO tank tops, spaghetti straps or bare midriff tops). Bring both some *short*-sleeved and at least one *long*-sleeved top. One shirt/top should be nice looking.
- pants: 2 pairs of *long* pants. At least one pair should be nice looking (NO holey pants). Depending on season, 2 pairs of Bermuda length shorts (NO short shorts).
- underwear and socks: 3 pairs each if it's quick-drying material and you do sink laundry.

For night time/"home":

- pajamas or whatever you care to be seen in "undressed"
- flip-flops for use in showers

For cool and/or wet weather, depending on season/location:

- sweater or sweatshirt
- rainproof windbreaker or light jacket (one piece of clothing may fulfill both functions)
- umbrella or poncho

For sunny weather, depending on season/location

- hat (wide brim, shading ears and neck)
- good sunglasses (with UV protection)

Footwear:

- shoes: 2 pairs. You will walk a lot and may have to run (making connections at airports etc.), so bring *comfortable* shoes! One pair should have closed toes.
- For the day of travel: Wear the pair of shoes that would take up the most space in your luggage. For going through airport security, slip-on shoes are more convenient than shoes that need to be laced. Do NOT wear flip-flop type sandals (too easy to trip when in a hurry and on moving walkways, too cold on the plane).

Remember that you will probably buy t-shirts or other garments as souvenirs—keep this in mind while **packing!**

Toiletries:

Liquids are heavy—don't bring along unnecessary weight. At the same time, do *not* count on buying toiletries as soon as you get to your destination. Hunting for a drug store may be logistically impossible at the time, would cause a huge inconvenience to the entire group, and should be reserved for emergency situations only. So bring along what you will need during the trip and, ideally, in terms of liquids no more than what you expect to use up.

Your normal stuff:

- shampoo, soap, toothpaste, dental floss, hair brush/comb, deodorant, fingernail clippers, etc.
- prescription medications (also bring along a copy of your prescriptions and include the *generic* name of the medications since brand names in other countries may be different)
- anything else that you take daily (meds, vitamins)
- for shaving, non-electrical razors
- feminine hygiene supplies (be prepared—trips can confuse hormone cycles and take you by surprise)

Outdoor protection:

- sunblock
- mosquito repellent (Deet-based products work best, but Skin-so-Soft also works, smells better, and moisturizes your skin)

First aid kit:

- pain reliever (Aspirin / Tylenol / Ibuprofen)
- band-aids
- antibiotic ointment (e.g., Neosporin)
- something to treat diarrhea, the most common travelers' ailment! (e.g., Pepto-Bismol / Kaopectate / Maalox)
- anti-motion drugs (if you are prone to motion sickness)
- ear plugs (useful in noisy cities or with a snoring roommate)

Bathroom stuff:

- little packages of kleenex (doubling as tissue and toilet paper). One packet must be *in your carry-on* at all times because public bathrooms at your destination may not have TP!
- a small, travel-sized bottle of alcohol-based hand sanitizer. This, too, should be *in your carry-on* at all times and will be a heaven-sent when there is no water or soap within sight. Clean hands, especially before eating, represent a giant step toward preventing travelers' diarrhea!
- towel (depending on destination/accommodations, may be required or only recommended)

Note concerning anything in your carry-on luggage:

NO sharp objects, such as nail scissors or metal nail files! (Definitely no pocket knife in carry-on.) Any liquids or gels, from tooth paste to shampoo, must be in containers no larger than **3-oz.-size**, and together fit into one **1-quart-size**, clear plastic zip-lock bag. (For more information, visit <http://www.tsa.gov/311/index.shtm>.) Unauthorized items and amounts exceeding these regulations will be confiscated.

Note about liquids:

Pressure changes in airplane cabins and luggage compartments may cause containers of liquid to leak. To prevent messes in your luggage, do two things: Keep a generous air pocket in bottles of liquid (bottles filled to the top are more leak prone) *and* put all containers of liquids in (double) zip-lock baggies.

Other useful things to pack:

- sewing kit: needle & thread, spare button, safety pins
- spare shoe laces
- pocket knife with corkscrew and scissors, or Leatherman multi-tool (this *must* go into checked luggage)
- mini-flashlight
- travel alarm clock
- electrical plug adaptors (outlets in different countries have different shapes) and power converter (power grids in most countries carry 220-240 V; in U.S., 110 V)—depends on destination and which gadgets you want to take along (see <http://electricaloutlet.org/electricaloutlettable>)
- charger for camera battery, mobile phone, iPad etc. (most such chargers have built-in power converters, but may still need a plug adaptor)
- If you wear prescription glasses, bring your prescription and an extra pair of glasses, if you have them.

Last, but not least, items related to your coursework:

- a small booklet/ring binder, or iPad, for your daily *journal* entries (due at the airport, upon arrival in U.S.)
- any notes and paper/research project that you may have to present or discuss on the trip
- a travel guide book of the country of your destination

Leave at home:

- ☹ most of your wardrobe, your iron, hair dryer and such (you'll be surprised how little you need to live)
- ☹ heavy photographic equipment, lap-top computer

Security and Other Tips**Before you start your trip:**

- Call your bank/credit card company and tell them of your upcoming trip. Otherwise they may block you from using your debit/credit card at your destination because they think it's a fraud.
- Check with your phone company if your phone would work overseas (depends on frequency band width), what the charges would be etc. It might work, but just leaving it "on" without even "using" it could run up charges of many hundreds of dollars! So beware!

Items to carry on your body (traveler's purse/fanny pack) at all times:

- your passport and health insurance card
- cash and debit/credit cards
- copy of your itinerary (with flight info, hotel contact info, group leader info etc.)
- airline/rail ticket as appropriate

Items to keep within reach in your carry-on luggage (even if you should check a bag):

- valuables that don't fit in your under-garment traveler's purse
- black & white copy of your passport
- copy of your itinerary
- listing of important phone numbers at home, including your bank/credit card company, in case your card should be lost or stolen (but do NOT list your credit card number!)
- medications and the most essential overnight toiletries (toothbrush, contact lens solution etc.)
- a packet of tissue (TP substitute!) and a small bottle of alcohol-based hand sanitizer
- a set of underwear/change of clothes
- your travel journey booklet and something to write with (or iPad)

If you insist on a checked bag:

- Be aware that, even if your bag arrives with you, it will be handled very roughly, may fall from significant height off conveyor belts, and may have its wheels and tags ripped off. So take steps to minimize losses.
- Identify your bag!
 - Use your IC luggage tag! Tie it on so it doesn't get caught in a conveyor belt and ripped off.
 - In addition, tie a ribbon or bandana on the handle of your bag, or use a colorful luggage belt around your bag, to make it more distinctive and easily recognizable as *yours*. (All wheeled black bags look alike when there are a thousand others.)
 - As address, list your *destination* address, not home address. (If the bag gets lost, the airline needs to know where to send it, not where it came from.)
 - Place a copy of your itinerary *inside* your bag, and write your name and email on the itinerary.
- Put nothing really valuable (cameras, jewelry etc.) in a checked bag. Bags are searched, things get "lost."
- Do not lock your bag. If you insist on locking your bag, use only [TSA approved locks](#) (widely available, such as at Walmart). Otherwise, if your locked bag is to be searched, it will simply be cut open.
- If in doubt about which items are prohibited to carry on an airplane, visit www.tsa.gov.
- Checking a bag may cost extra.
- Overweight bags will incur even more additional charges, usually per pound over the limit. (Remember that heavy bags do damage to the backs of the real people who have to do the lifting!)
 - Honestly, attempting to *depart* with an overweight bag fails a basic learning goal of a BreakAway before even getting started. Just don't do it.
 - On the way home *from* a BreakAway—slightly different situation, eliciting a bit more understanding. But remember, when it comes to carrying the darn thing, it's all yours and yours only.

Finally, do *not* promise your loved ones that you will contact them as soon as you arrive at your destination. That's a promise impossible to keep. Prepare your loved ones not to hear from you for two days or more. When everything goes as planned and the trip itself takes 24 hours, another 24 hours may pass after arrival in the country before the group has internet access and phone connections. Generally in the case of BreakAways, no news is good news. Individual students will get a chance to communicate with home as soon as possible. The group leaders will stay in touch with Illinois College throughout the trip. Family members are welcome to inquire at the Dean's Office during regular business hours, 217-245-3010.

Happy packing and safe travel!