

## Packing List – International Programs

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

### Packing Checklist

- Two black and white photocopies of passport (one packed in your carry-on bag, separate from your original passport, and one at home where someone in your family can email/fax if necessary)
- Rain jacket/poncho
- Walking shoes
- Lightweight sweater/jacket for layering
- Sandals and flip-flops for down time
- Hat and/or sunglasses for sun protection
- Sleepwear
- Camera and batteries or charger
- Watch
- Toiletries
- Small backpack or daypack
- Electrical currency converter
- Plug adapters

### Optional Items

- Travel alarm clock
- Dramamine pills (not patches; look for 'less drowsy' formula)
- Snacks for plane ride
- Money to purchase a prepaid phone card at your destination

### 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.
- Pack extra plastic bags for storing wet bathing suits or dirty clothes.
- Carry a photo ID that matches the name on the airline ticket.
- Don't forget your passport!

*Please refer to page two for additional information about traveling to China.*



## **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.

## **Baggage Restrictions**

Airlines restrict travelers to a maximum of three total bags, 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. 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.

For international 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.

## **Travel Documentation**

Every participant must have the required documentation necessary to participate in the trip prior to the date of departure. If a participant is unable to travel due to the lack of proper identification, the Standard Cancellation Policy will apply.

Passports and visas are required for travel to China. Passports must be valid for at least six months after your return and have one blank page for the visa. Participants are responsible for obtaining their own passports. If you do not already have a passport, please act now as the process can take several months. If you already have a passport, make sure that it will still be valid when you travel. Non-U.S. citizens must contact the Chinese Embassy for specific entry requirements.

If elected by your Program Leader, included in the program price are the current embassy visa fees and associated processing costs for a U.S. passport holder to travel to China. When elected, WorldStrides facilitates visa processing as a service to the participant, but cannot be responsible for the successful receipt of a visa, which is at the discretion of the Chinese Embassy. We strongly recommend that you visit the Travel Security Administration's website at [www.travel.state.gov/passport](http://www.travel.state.gov/passport) for more details.