



USA: 1-800-304-9446

CAN: 1-800-657-7754

INFO@PROMETOUR.COM

COMMON SENSE PACKING GUIDELINES

“He who would travel happily must travel light.” – Antoine de Saint-Exupery

Pack Light: You are headed on an adventure. Your most lasting memory should not be of a giant bag.

Pack Smart: Talk to your roommates ahead of time. Arrange to share items like shampoo, toothpaste, sunscreen, etc.

BEFORE PACKING

- Check the Internet for up-to-date weather information.
- Place ID tags on all bags and label the insides with your name, address and phone number.
- Make a photocopy of your travel documents and leave it at home

ESSENTIALS

- INTERNATIONAL TRIPS: Passport and visa if required
- DOMESTIC TRIPS: Government-issued photo ID, passport, or certified birth certificate
- Airline ticket
- MINORS: You must bring a notarized letter from your parent or legal guardian showing consent for a minor to travel internationally in someone else's care
- Last recommendation sheet with emergency contact numbers
- Final itinerary
- Addresses and phone numbers of all hotels and/or home stay locations
- Pocket money / ATM card + PIN number / Credit card + PIN number
- Essential personal items (prescription glasses / contact lens case & solution, etc.)
- Necessary medicine in original prescription container

SAMPLE PACKING LIST (8-day trip)

CLOTHING

2 pairs of jeans or lightweight pants
 2-3 short sleeved shirts
 1-2 skirts
 Socks & underwear for each day
 1 waterproof windbreaker
 1 pair of comfortable walking shoes
 1 sun hat / sunglasses
 NO NEW SHOES

1-2 pairs of walking shorts
 2 long-sleeved shirts
 1 sweatshirt or lightweight sweater
 Sleepwear / slippers
 Wallet / money belt / neck pouch
 1 pair of comfortable sandals
 1 swimsuit + 1 lightweight beach towel

Winter Trips should also include

1 winter coat
 Waterproof snow pants
 1 pair of long johns
 Extra sweater
 Extra socks
 Hat, scarf & mittens or gloves
 Snow boots

* FAMILY-STAY PROGRAMS – Your host family may not provide you with a bath towel so bring one with you.



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TOILETRIES - Pack toiletries in zip-lock bags to prevent leakage

Toothbrush / Toothpaste

Soap in a plastic container

Deodorant

Anti-Bacterial (waterless) soap

Insect Repellent

Sunburn Lotion

Waterproof Sunscreen / Chapstick

Shampoo / Conditioner

Razor / Shaving Cream

Band Aids / Neosporin (Travel First-Aid Kit)

Sanitary Napkins / Tampons

Aspirin / Ibuprofen

Small amount of toilet paper

Hairbrush / Comb

MISCELLANEOUS

Camera / Film / Batteries

Hairdryer - 110 volts, standard plug

Dictionary

Plastic Bags

Watch & Alarm Clock

Travel packs of kleenex

Journal / Pens

Playing Cards / Book