

# HELPFUL HINTS FOR TRAVEL

## things to pack

- At least 2 copies of the front page of your passport (packed in different locations)
- A copy of your shot records
- Small flashlight with extra batteries
- Ballpoint pen
- Several trash bags (these have many uses)
- Several ziplock bags, both large & small
- Adapter/converter plug (for international travels)
- Travel first aid kit that includes: Band-Aids, Tums, Aspirin, Bee Sting Wipes, etc.
- Small umbrella
- Handi-wipes and hand sanitizer
- Insect repellent (with Deet)
- Toilet paper (a full roll with the cardboard removed so it can be flattened)
- Bandana- the most versatile cloth there is!
- Shower shoes and a washcloth
- Duct tape!

### Remember...

Shampoo can be used to wash clothes in the sink.

If you pack old clothes to work in, you can leave them there on your return trip to free up space in your bag!

Lay out all the clothes you think you want to pack and then pick 1/2 of those items to actually pack.



- Make sure that all checked bags are tagged with your name and address and place a copy of this information inside the bag too in case the tag gets ripped off.
- Carry an extra nylon fold-up suitcase inside your bag to put purchases in on the way back.
- When traveling with a team, put the same color ribbon on every team member's bags. This makes baggage claim a lot faster!



- Bring clothes that dry quickly if you're traveling to a hot climate (i.e. linen, microfiber, cotton, etc.)
- Assume it will be hotter or colder, wetter or drier than it's supposed to be and pack accordingly

When going through customs in other countries and returning to the USA, be polite and answer only the questions you're asked. Don't try to carry on a conversation with the customs agent. This causes suspicion.



**Do NOT bring expensive jewelry and watches!**

If you're traveling on a long flight, take a thin beach towel to use as a blanket.



## carry-on items

- Ginger pieces (helps with nausea and airsickness)
- Healthy snacks (i.e. granola bars, peanuts, crackers, etc.)
- Mini survival kit (a change of socks, underwear, toiletries, prescription medicines, eyeglasses)- in case your bag gets mis-routed this will get you through a day or night
- ONE quart size ziplock bag with liquids and gels that are no bigger than 3oz. each
- Do NOT put any pocketknives or sharp objects in your carry-on or they will end up confiscated at security



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