

Packing List/Traveling Tips

Packing List

- *passport, bank card, credit card, and your student ID (make sure to notify your bank/credit card provider that you'll be travelling)
- *map and guidebooks (available at local bookstores, Barnes and Noble, and online)
- *address/e-mail list
- *one pair of very comfortable walking shoes. It's best not to have to lug around more than two.
- *sturdy shirts and pants/shorts (or skirts for women). Avoid anything that is dry clean only. Remember that dark clothes don't show dirt. Pants are a better choice than jeans: they are cooler for summer travel, easier to wash, and more versatile. It's also a good idea to have at least one semi-dressy outfit.
- *warm clothing—several layers, even if you're traveling in the summer. Hat, scarf, gloves if you're traveling in spring. This is hard to remember when it is warm in Wilmington.
- *two-three pairs of socks that are very thick and odor absorbing. You *don't* want scrimp on these because they will help prevent blisters. (Smart Wool socks are a good option; you can buy them at places like Great Outdoors on Oleander.)
- *a cheap pair of shower flip-flops if you're worried about the showers.
- *camera
- *as few electrical appliances as possible; you will have to get an adapter for them.
- *pencil, pen, and journal (Moleskin journals are great.)
- *tissues
- *lotion/sunblock
- *toothbrush, mirror, brush and other toiletries, in miniature if possible. (You might also consider something like Dr. Bronner's, a multi-purpose soap/shampoo/detergent.)
- *antibacterial handwash
- *extra plastic bags both small and large: for loose change, for things like wet shampoo bottles (Bring miniature bottles that you recycle as you go.)
- *a passport carrier. These can be worn around your neck--make sure the strap can't be cut. (I recommend that women avoid carrying a standard purse.) Many travel sites recommend a money belt.
- *sturdy but light daybag (for guidebook, etc.). If this is very small and worn close to the body it can be used instead of a passport carrier.
- *snacks like granola bars or trail mix
- *Band-Aids.
- *any medications you might need and a small first-aid kit
- *eyeglasses/contact lenses
- *ear plugs
- *sunglasses
- *travel alarm clock
- *sturdy watch
- *compact umbrella
- *if you're going to be staying in hostels, you might need a sleep sack/sheet and a quick drying synthetic towel.
- *sewing kit (a very tiny one like you get in hotels) in case something rips
- *optional: a compass. This can actually be quite useful even if you are traveling in cities.

*optional: a small calculator so that you can easily calculate how much items cost.

*optional: small flashlight

Traveling Tips

*Even if you think you won't have to walk very far with your luggage, don't pack too much. (You will *not* need a different outfit for every day of your trip.) You might find yourself dragging your bags up and down flights of stairs, so make sure that you can carry everything easily.

*Make several copies of your passport and put it in different places (It's also a good idea to leave one at home). Write down the number you would call if your credit card got stolen.

*Money: Often, it is easiest to use bank machines, but find out about fees ahead of time. Visa is accepted in many places, but by no means all—and it usually has a fee. You should also inform your credit card company and your bank ahead of time which countries you'll be traveling to and the dates you'll be there. Have at least some cash with you as a backup, preferably in a money belt.

*Save room in your bag to bring back souvenirs.

*Write down the phone codes for each country you will be in.

*Have a sturdy ID tag on your luggage and identification inside the bag in case this one breaks.

*Rip off any plane identification tags once you arrive, so that you don't seem like a naïve American tourist.

*In many ways, traveling abroad can be safer than traveling in the States, but there is more petty theft. Be aware of your bags at all times.

*Before you get on any train/plane make sure you have a bottle of water and a light snack. You never know how long you'll be on it.

*In your carry-on bag you should bring your *small* necessary liquids (for example: contact lens solution, toothpaste, shampoo) in a clear plastic bag. You can check a bag with other liquids. You should also bring a change of clothes and a coat, if necessary, as carry-ons just in case your bag is delayed.

Some websites:

<http://www.letsgo.com/>

<http://www.lonelyplanet.com/>

<http://www.roughguides.com/>

<http://travel.nationalgeographic.com/>

<http://www.ricksteves.com/>

The official U.S. site: <http://travel.state.gov/>