

THERE ARE TWO KINDS OF TRAVELERS IN THE WORLD: THOSE WHO PACKED LIGHT AND THOSE WHO WISH THEY HAD.

The number-one rule in packing for a trip, unless you have hired several football players to carry your gear for you, is to pack lightly. You will be moving your luggage into the trunk of your car, out of the trunk of your car, through the airport, off of the luggage carousel, to the train station, to the bus stop, onto the bus, off the bus, back two kilometers because you overshot your stop, up six flights of stairs, and onto the dresser.

While this might be great exercise, you might rather save your energy for climbing up to the top of the cathedral. Leave the bowling ball at home.

Toiletries

Remember there are stores in the countries that you are going to. Only pack items that you truly cannot live with out. See List below for some I cannot part with items.

- Contact lens equipment and spare glasses (You might also wish to consider extended-wear contact lenses, especially if you are going to be going somewhere with poor water supplies)
- Hair care equipment/product (especially for ethnic students)
- Birth Control/Condoms (difficult to find in some countries)
- Hypoallergenic Soap/Shampoo (pack in a Ziploc bag)
- Prescription medicine
- Small first aid kit (accidents do happen)

Clothes

Mix and match items. Why bring 10 pairs of pants when 4 will do? Pick pants that can be worn with several shirts. Besides you'll fool people into thinking you brought more clothes than you did. Remember less is more.

Plan on inclement weather. It will happen, and everybody there will say, "Oh, it almost *never* rains/snows/hails/blows/floods like this! This is very unusual weather." In particular, be prepared for it being colder than you expect. (Californians and other desert denizens, take note: what will dry out overnight in California might take two days to dry out in wetter climes!)

I also recommend bringing a pair of flip-flops (also called thongs or shower slippers). Not only can they come between you and the strange things that are growing in the bathroom of the scummy dive you ended up in, but if your shoes get wet, this gives you *something* that you can wear while they dry.

- When packing clothes use space saver bags or roll your clothes. This will give you more room. Don't add more clothes, use the extra space for souvenirs.
- Shoes...A woman's nightmare! Take at the minimum of two pairs. One pair of sneakers for everyday walking and a dresser pair for special occasions. Note: Plan to have clothes that will match both casual and dress shoes.

Miscellaneous

- Day pack (If you are doing any sort of sight-seeing, take some sort of small backpack or fanny pack. You will want to carry maps and perhaps phrase books, guidebooks, water bottles, sunglasses, and so on.)
- Neck wallet or money belt (Keep most of your money hidden away underneath your clothes. If you are as paranoid as I am, you might even want to go to a two- or three-level system: keep passport, airline tickets, and the bulk of your money in a money belt, about US\$50-100 in a neck wallet, and about US\$5-10 in your jeans pockets.)
- Small American Souvenirs (It always nice to have something to give to friends that you meet while abroad or even to your homestay family)
- Watch with alarm (A cheap digital watch with an alarm is small, light, and very useful. I never wear a watch in the U.S., but I never leave the country with out one. Why? I need to know when to catch the train, bus, or plane.)
- If possible pack a bag within a bag. (This is useful for returning to the U.S. with souvenirs.)
- Plug converters and voltage converters (U.S. plugs may not work in ever country and you may need to convert the voltage. Buy this before you leave, so you don't waste time searching for them when you arrive in your country.)

Select 10 items you would to take on a trip. Do not share this list with the group.

Group activity: You are planning a trip together and you can only take 10 items. Decide which items are important for your group to take. **You must decide as a group.**

Afterwards discuss the differences in your list.

Your List

- Passport
- Ticket
- Xbox 360
- Wallet
- Oil-based paints
- Keys
- Immigration related forms
- Form of Identification
- Swiss Army Knife
- Money and other bank related items
- Laptop
- Fishing pole
- Plug converters and voltage converters
- Umbrella
- Lighter
- Sun block and sun glasses
- Surfboard/Snowboard/Skis
- Mosquito Repellant
- Glasses
- Alarm Clock
- Spray starch
- Travel guide of the city you are visiting
- Pots and Pans
- Translation book
- Diary
- Camera and film
- Batteries
- Bucket and spade
- Boombox
- Frisbee
- Clothes
- Gum for takeoff and landing
- Books and magazines to read
- Toilet Paper
- Addresses of friends to write to
- Kite
- Food

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