# Packing Checklist

## Pack Smart and Light

You are allowed one medium-sized suitcase (22” x 28” or smaller) and one carry-on, such as a backpack, handbag, or small duffel bag. While packing, keep in mind you’ll be carrying your luggage whenever you change locations. For a good indication of how comfortable you will be with your bags, walk around the block with your packed suitcase - you might decide to leave a few things behind. NETC will provide you with two brightly colored luggage tags to make identifying your luggage easier. Fill them out and attach them to your luggage before you go to the airport.

## Your Carry-On Bag

When packing your carry-on bag, remember to include a change of clothing and other necessities, in the unlikely event of a temporary luggage loss. Include your passport, valuables, and essentials such as medications, cash, credit cards, camera and jewelry. These items should never be packed in your checked luggage. Remember the 3-1-1 rule for any liquids in your carry on (www.tsa.gov/311), and keep in mind that this bag must fit in the plane’s overhead bin.

### Packing Tips

- Use our packing checklist and check off each item as you put it in your suitcase. Leave the list at home for insurance purposes.
- Pack toiletries in a re-sealable plastic bag to prevent leakage.
- Bring clothing that can be mixed and matched and plan to wear each outfit at least twice - you’ll save a lot of space in your suitcase.
- Pack labels that are preprinted with addresses to make sending postcards fast and easy.

## Clothes

- Undergarments
- Socks
- Sleepwear
- Sandals (warm climates)
- Comfortable Walking Shoes
- Swimsuit (warm climates)
- T-shirts
- Tank Tops
- Shorts
- Long Sleeve Shirts
- Jeans
- Sweater/Sweatshirt
- Nicer Dinner Outfit
- Jacket
- Raincoat
- Hats
- Scarves & Gloves
- Belt
- Shoulder Scarf for Cathedral Entrances

## Toiletries

- Toothbrush
- Toothpaste
- Dental floss
- Shaving Supplies
- Deodorant
- Hand Sanitizer
- Contacts & Solution
- Glasses
- Brush or Comb
- Medications
- Sunscreen (3 oz)
- Moisturizer (3 oz)
- Lip Balm
- Insect Repellent

## Travel essentials

- Passport/Visa
- Itinerary
- Cash
- Debit/Credit Cards
- Calling Card
- Credit Card Contact Info.
- Emergency Contact Info.
- Medical Insurance Card
- List of Medications
- Copies of Travel Docs
- Copies of Credit Cards
- Copies of Passport (leave one home)
- Wallet/money belt
- Purse
- Small Backpack (carry-on/day trips)
- Cell Phone & Charger
- Camera & Charger
- Converters & Adapters
- Umbrella
- Sunglasses
- Travel Alarm Clock
- Watch
- Flashlight & Batteries
- NETC Luggage Tags
- Snacks
- Book
- Travel Journal
- Pens/Pencils
- Sense of Adventure

For expert packing advice call: 800.771.5353