



# Aticus Travel

Dream Big... Make It Happen

Questions? Call: (801) 449-1054

## Packing Checklist

- Passport** (essential)
- Medicine** (essential)
- Way to pay** (essential)
- Small bag for day trips
- Change purse
- Charger and cords for phone/I-Pad/etc.
- Small pack of cards, puzzle books, notebook or other for plane/car rides/evenings
- Headphones, Eye mask, Warm Socks, Neck Pillow (for plane)
- Gum to chew on plane (reduces stress on ears)
- Light jacket
- Umbrella
- Knit Gloves (weather-dependent)
- Knit Hat (weather-dependent)
- Watch or other way to know when to meet
- Shampoo and conditioner
- Hair spray (no aerosol)
- Body soap
- Deodorant
- Toothbrush and Toothpaste (small tube)
- Single use Tide (or other) laundry soap
- Razor
- Brush and/or Comb
- Comfortable walking shoes
- Dress clothes
- Underclothes
- Pajamas
- Shirts (at least 1 long sleeve)
- Sweater/Sweatshirt
- Pants/Shorts
- Socks

## Suggested Packing List and Tips

Suitcase limit – one carry-on suitcase (maximum size 56x45x25cm including handles and wheels) and one personal item (must fit beneath airline seat - test fit under a dining room chair). Weight Limit - 40 lbs. (unless otherwise noted).

- **Passport** (Make 2 copies. Leave one at home with emergency contact and another in separate bag than passport)
- **Medicine** (e.g. motion sickness, headache, etc.) – if prescription, must be in your name
- **Way to pay** (a combination of foreign currency and credit card as not everywhere will accept CCs)
- Small bag for day trips, preferably with strong shoulder strap(s)—to hold souvenirs, snacks, etc.
- Change purse (or purchase souvenir one on arrival)—European money uses lots of coins
- Charger and cords for phone/I-Pad/etc. Be sure to bring an adapter with 2 prongs for EU outlets/3 prongs for UK
- Small pack of cards, puzzle books, notebook, or other items to have on plane, in airport and in car
- Light jacket (wear on plane to save room in suitcase and because flights sometimes get cold)
- Options for comfort in flight: Headphones (consider noise-cancelling), eye mask, neck pillow, compression socks
- Toiletries (in containers no more than 3.4 oz each)—shampoo, conditioner, hair spray (no aerosol), body soap, deodorant, toothpaste (small tube). Some airlines limit liquid toiletries to ONE QUART Ziploc bag. ALL liquids must fit into this one bag. Be sure this bag is easily accessible to remove it when going through the airport security check.
- Toothbrush, Razor, Brush, Comb
- Single use Tide (or other) laundry soap—for self-serve laundry (for +9-day tours); put in Ziploc bag to avoid spills
- Watch or other way to know when to meet back up with group at assigned times
- Comfortable walking shoes (wear on plane to save room in suitcase); consider lightweight 2<sup>nd</sup> pair of shoes or sandals
- Dress clothes you can roll up in suitcase without wrinkling, if attending church services
- Umbrella (lightweight; foldable) – for UK and all spring/fall tours
- Knit Gloves (optional) and Knit Hat (optional) – for spring/fall tours, for those who get chilled easily
- Limit bringing snacks. You'll find plenty there.

Bring outfits that you can mix and match easily. Check weather as the tour approaches for a better idea of needs.

We will do laundry once during trip at public laundromat, if the tour is 9 or more days in length. Remember:

- Underclothes and Pajamas
- Shirts; Sweater/Sweatshirt (consider wearing on plane, which gets cold, to save space in suitcase)
- Lightweight Pants/Shorts (avoid those with slit pockets where things can easily fall out)
- Socks (combination of light and heavier weight)

NOTE: Some curling irons/blow dryers/electric razors will not work with European outlets/voltage, so don't bring unless you have an adequate converter. Just an adapter may not be enough!

TIPS: Rolling your clothes tightly can help lessen wrinkles and allow you to fit more in your suitcase. Pack LESS than you think you'll need. Almost everyone overpacks when going on vacation. Ideally, your personal bag (backpack or small duffel) will be fairly empty on the way there, so that you can fit all your souvenirs in it on the way back. I'd recommend something backpack or duffel sized. Leave all unnecessary valuables and other items (e.g. from purse) at home.

If you bring credit or debit card, be sure you call in advance to let them know you are traveling. Also, write down international number on back of card and keep it in your luggage separate from card in case of loss. Many credit cards offer you service with no international transaction fees. Be sure to check in advance with whichever payment method you plan to use so that you know about any extra charges in advance. American Express tends to be accepted in fewer places than MasterCard or Visa. Many market stalls or street vendors will not be equipped for credit card purchases, so be sure to have cash for those types of purchases.