

*The trick of traveling abroad is: Pack light! Keep in mind you'll be handling a lot of your own luggage at the airports and to and from your hotel room in each city. So bring what you need and nothing more.*

## Documents

- *Passport—Also bring some (in case it is lost) and leave one copy at home*
- *Visas (if applicable)*
- *A copy of the tour itinerary*
- *Copy of any prescriptions (Customs officials may want to verify that a container's contents match its label, so all medication should be carried in its original container.)*

## Money

- *Some money changed into foreign currency we recommend \$50*
- *ATM card (call the bank prior to departure to alert them of the trip; foreign purchases sometimes result in a hold on bank accounts)*
- *Somewhere to store money under your clothing, pouch works best*

## Clothing

*Keep in mind that some religious sites require that shirts cover the shoulders and arms, and do not allow shorts, short skirts or flip-flops.*

- *Comfortable walking shoes*
- *One pair of nice shoes for an evening outing*
- *Shirts (short- and long-sleeved)*
- *Socks*
- *Underwear*
- *Sweatshirt or hooded jacket is always good to have*
- *Shorts/pants/jeans*
- *Pajamas*
- *Bathing suit (if applicable)*
- *Nice outfit for an evening outing*
- *Raincoat and/or umbrella*

## Toiletries

- *Sunscreen*
- *Toothbrush*
- *Toothpaste*
- *Shampoo/conditioner*
- *Deodorant*

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- *Hairbrush/comb*
- *Spare set of contact lenses/glasses (if applicable)*

**Electronics**

- *An adaptor/converter (available at travel stores)*
- *Camera and or cam corder with extra batteries (batteries can be expensive abroad)*

**Carry-on bag**

*A backpack works best! Here are some items you may need on the plane*

- *Your Airline ticket or copy of the E-ticket*
- *Your Passport*
- *Money*
- *Toothbrush and toothpaste Hairbrush*
- *Contact lens case/glasses (to sleep comfortably on the plane)*
- *A change of clothes (in case luggage is delayed)*
- *Medication*
- *Any valuables*

***Remember anything that is liquid that will be carried on the plane must be no more than 3oz or it will not be allowed.***