

There are only so many things a person can stuff into a suitcase—and even fewer things that will be needed on tour. Keep in mind that EF travelers are responsible for carrying their own luggage, so packing light is a plus. Here’s a list to make sure that no essentials are forgotten.

**Clothing**
Travelers should be conscientious of cultural differences and pack accordingly. Keep in mind that some religious sites require that shirts cover the shoulders and arms, and do not allow short skirts or flip-flops.

* Comfortable walking shoes and one pair of nicer shoes
* Shirts (short and long sleeved)
* Socks
* Underwear
* Shorts/pants/jeans
* Pajamas
* Raincoat and/or umbrella
* Hoodie/jacket

**Toiletries**

* Toothbrush
* Toothpaste
* Shampoo/conditioner
* Soap
* Deodorant
* Hairbrush/comb
* Sunscreen
* Any medications (in addition to a copy of prescriptions)
* Spare set of contact lenses/glasses (if applicable)
* Nylon cord and 8 to 12 clothespins (for drying clothes in the hotel room)

**Money**

* ATM card/Debit Card (call the bank prior to departure to alert them of the trip; foreign purchases sometimes result in a hold on bank accounts) –Or Foreign Currency--
* At least $50 converted to foreign currency
* Pouch for storing money and passport under clothing

**Electronics**

* An alarm clock (many hotel rooms won't have one)
* An adaptor/converter (available at travel stores)
* Camera with ample batteries (batteries can be expensive abroad)

**Documents**

* Passport—it is required on all EF Educational Tours. Remember to bring a couple photocopies of it (in case it is lost) and leave one copy at home
* A copy of the tour itinerary
* A list of important phone numbers and addresses to send postcards home
* 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.) A COPY NEEDS TO BE GIVEN TO MS. TAYLOR AS WELL.

**Carry-on bag**. Here’s a short list of things travelers might need on the first day of the trip. These should be packed in the carry-on in case the checked luggage is delayed.

* Passport
* Money
* Airline ticket
* Toothbrush and toothpaste (remember, toothpaste needs to go in a one-quart ziploc bag, and can't be bigger than 3 oz)
* Hairbrush
* Contact lens case/glasses (to sleep comfortably on the plane)
* A change of clothes (in case luggage is delayed)
* Medication
* Any valuables

**DON’T FORGET TO…**

□ Call your bank to let them know your travel dates, and be sure your debit card will work in Italy.

□ **If you plan to use your cell phone on tour:** Call your wireless provider to get set up on an international plan. Be sure to ask about the cost for overages on calls, text and data. You don’t want a surprise on your bill.

□ Submit a copy of your prescriptions to Ms. Taylor (for daily meds).

□ Double check dates and flight times for a ride home from the airport.