



BrightsparkSM

TRAVEL PACKING GUIDE

Preparing for your epic class trip abroad? This definitive guide will help you find the perfect balance between travelling light, staying comfortable, and being prepared for the unpredictable.

Carry-on Luggage: The Essentials

- ❑ All travel documentation & money
- ❑ All toiletries, placed in a waterproof bag
- ❑ One waterproof hooded jacket
- ❑ A change of clothes
- ❑ One fleece, hoodie, or sweatshirt
- ❑ Pajamas
- ❑ Camera with charger
- ❑ Personal electronics
- ❑ Outlet adapter - you cannot plug electronics into a foreign outlet without this

Luggage Tips:

- Label your luggage with your name, address, and home phone number
- Keep checked luggage below 20 kg. Your back and shoulders will thank you!
- When in doubt, transfer all liquids and lotions to airline-friendly plastic containers, they **MUST** be 100ml or less
- If you need to bring aerosols, make sure to pack them in your carry-on luggage

Determine your airline's luggage policy. Pay close attention to the following:

- Luggage size and weight policies
- Liquid restrictions
- Customs regulations for both your destination and your point of origin

Checked Luggage: The Essentials

- ❑ Water-resistant backpack as a daypack
- ❑ Warm top layers, fleece, sweatshirt, etc.
- ❑ One 'nice' outfit for a special dinner activity
- ❑ Socks and underwear to last the trip
- ❑ T-shirts, pants, shorts, skirts etc. to last your trip
- ❑ Pajamas
- ❑ Bathing suit
- ❑ Sun screen
- ❑ A hat that protects you from the sun
- ❑ Sunglasses and case
- ❑ Water bottle
- ❑ One spare pair of shoes
- ❑ Teacher-approved personal effects that you didn't pack in your carry-on



Packing Tips:

- Plastic bags are great for keeping your luggage itemized, especially dirty/wet items
- Wear your bulkiest items (sweaters, shoes, jacket, etc.) inflight to free up space
- Use the inside of your spare shoes to pack small items like socks, belts, and breakables
- Pack 'nicer' items like shirts, pants, dresses, etc. at the very end so they're not crumpled
- Pack fragile items midway to pad them between the bottom and top layer of your bag
- Try to leave some room for souvenirs!



A comfortable pair of shoes is a must! New shoes are risky - you don't want to spend the entirety of your trip breaking them in. Flip-flops are great for getting around the hotel or beach, but terrible for getting around town. We do recommend a pair of 'nicer' shoes for special activities on your itinerary.

Attention Students and Parents:

This guide does not include detailed information for travel documentation. We recommend consulting the [Government of Canada Travel Document Site](#).

If you'd like to know more about foreign currency, please check out this [foreign currency converter](#).

Above all, we recommend that you consult your teacher/organizer in case they have specific passport/currency instructions for you.

Don't forget to consult your teacher/organizer in case they have additional packing instructions for you. This is especially important when it comes to prescription items, and/or over-the-counter drugs.