

Traveling Light
 Aim to travel light. Keep in mind that, for most international flights, you are allowed to check only two pieces of luggage. Some airlines have restrictions for the weight of each piece of luggage; check before you pack. If you bring a film camera, buy a lead-lined film bag. Contrary to posted airport claims, some X-ray devices ruin film.

SUGGESTED PACKING CHECKLIST

PACK LIGHT! Remember, whatever you bring, you'll have to carry. Consider taking the following:

- Clothes: Layering is the way to go!*
- ___ 1 pair of good walking shoes
 - ___ socks
 - ___ underwear
 - ___ 1 skirt/dress slacks
 - ___ formal attire/dress shoes
 - ___ sweatpants (optional)
 - ___ robe (cover-up)
 - ___ 4 shirts
 - ___ 3-4 pairs of pants
 - ___ 3 sweaters/sweatshirts
 - ___ 1 coat/jacket
 - ___ 1 lined rain coat/jacket
 - ___ 1-2 pairs of shorts

- Medicine and Toiletries*
- ___ prescriptions/medicine
 - ___ razor/blades
 - ___ toothbrush/toothpaste
 - ___ soap/shampoo
 - ___ tampons/other
 - ___ first aid kit
 - ___ deodorant
 - ___ comb/brush
 - ___ aspirin/ibuprofen
 - ___ tissues
 - ___ contact lenses/solutions/glasses
 - ___ 2 washcloths/towels

- Miscellaneous*
- ___ sunglasses (optional)
 - ___ camera/film/slide film
 - ___ batteries (camera/music player/clock/etc.)
 - ___ film protector
 - ___ umbrella
 - ___ alarm clock (battery operated)
 - ___ adaptor and converter for
 - ___ electrical appliances (optional)
 - ___ music player (headphones required)
 - ___ zip lock bags
 - ___ pocket guide
 - ___ guides & maps
 - ___ Woolite
 - ___ sewing kit
 - ___ back pack/carry all bag
 - ___ address book
 - ___ luggage lock & tags
 - ___ diary/journal and pen
 - ___ pocket calendar
 - ___ change purse
 - ___ pocket calculator (for money conversions)
 - ___ notebook for class
 - ___ guides & maps

- Important things to carry-on the plane with you*
- ___ passport
 - ___ local currency (~\$40)
 - ___ contact lenses & glasses
 - ___ prescriptions/medicine
 - ___ money belt
 - ___ credit card
 - ___ traveler's checks (keep receipts separate)
 - ___ reading material

REMEMBER: Keep your airline ticket and passport in a safe place. You'll need them to return home.

"The most important advice is take a prepared mind-yours. So read. Read history, fiction, newspapers, National Geographic, anything about the places you're going to visit. Without preparation, you'll stare glassy-eyes and uncomprehending at the most exquisite work of architecture or art, thinking only about where you'll find your next bed or meal...Taste the local specialties, learn while you travel; it can be very rewarding."

Amy Kuebelbeck, University of Minnesota ("The Passport," 2002, p. 10).