TRAVELER PACKING GUIDE

What to Pack for Your STEM Study Tours Adventure

PACK SMART. TRAVEL READY.

A little preparation goes a long way when you're traveling. What you need will vary by destination, climate and activities, but this guide will help you cover the essentials. Your program may include additional packing requirements, so always review the information provided specifically for your trip.

IMPORTANT: If the information supplied for your individual program differs from this general guide, follow the program-specific guidance.

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START WITH THE BASICS

1 | Every Trip Essentials

- ☐ Comfortable walking shoes
- ☐ Weather-appropriate clothing
- ☐ Underwear and socks
- ☐ Sleepwear
- ☐ Toiletries and personal-care items
- ☐ Refillable water bottle
- ☐ Small day bag or backpack
- ☐ Sunglasses
- ☐ Phone and charger
- ☐ Portable charging bank, if desired
- ☐ Travel adapter, if required
- ☐ Any program-specific clothing or equipment

A Few Smart Extras

- ☐ Lightweight casual shoes or sandals
- ☐ Small amount of laundry detergent or laundry supplies
- ☐ Reusable bag for dirty laundry
- ☐ Small umbrella or lightweight rain jacket
- ☐ Any personal items you rely on every day

PACKING TIP

Don't pack for every possible situation. Pack versatile clothing that can be layered, reworn and adapted to different activities.

KEEP THE IMPORTANT THINGS WITH YOU

2 | Carry-On Essentials

Unexpected delays and misplaced luggage happen. Your carry-on should contain everything you absolutely cannot afford to be without.

- ☐ Passport or required identification
- ☐ Photocopy of passport information page, packed separately
- ☐ Essential travel documents
- ☐ Prescription medication in original pharmacy-labeled containers
- ☐ Wallet, currency and payment method
- ☐ Phone and charger
- ☐ Electronics and valuables
- ☐ Spare glasses or contact-lens supplies
- ☐ Essential toiletries
- ☐ One change of clothes
- ☐ Light sweater, sweatshirt or layer

- ☐ Empty refillable water bottle

Passport & Travel Documents

Keep your passport or required identification secure and readily accessible while traveling. For international travel, carry a photocopy of your passport information page separately from your passport. The copy can be used when completing travel or entry forms that require passport details without repeatedly taking out the original passport. It also provides a record of the passport information if the original is lost or misplaced.

For school groups: Follow the passport-handling instructions provided by your Trip Leader. Students may be required to give their passport to their designated teacher or chaperone for secure safekeeping during portions of the journey.

Prescription Medication

Keep all prescription medication in your carry-on baggage, not in checked luggage. Medication must remain in its original pharmacy-labeled container showing the traveler's name, medication information, prescribing physician and pharmacy information. Do not transfer prescription medication into pill organizers or unmarked containers for travel. Carry a copy of the prescription or supporting medical documentation when appropriate and confirm before departure that the medication is permitted in the destination country.

LIQUIDS, LUGGAGE & SECURITY

Airline baggage allowances, security requirements and restrictions vary by carrier, airport and destination. Check the current requirements applicable to your journey before packing.

HEADING SOMEWHERE WARM?

3 | Warm-Weather Travel

Depending on your destination and activities, consider packing:

- ☐ Lightweight, breathable clothing
- ☐ Lightweight long pants
- ☐ Lightweight long-sleeved shirts
- ☐ Lightweight shawl, wrap, cardigan or long-sleeved layer for additional coverage when required
- ☐ Rain jacket or poncho
- ☐ Comfortable walking or hiking shoes
- ☐ Sandals or casual footwear
- ☐ Appropriate swimwear
- ☐ Swim cover-up or clothing suitable for meals and public areas
- ☐ Water shoes, if appropriate for your program
- ☐ Hat or visor
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Refillable water bottle
- ☐ Small flashlight or headlamp, where appropriate

Insect Repellent

Pack insect repellent appropriate for your destination. Some protected areas or activities may have specific environmental requirements, so follow your program information and local guidance.

Going Somewhere Tropical?

For jungle, rainforest and conservation programs, lightweight long sleeves and long pants can provide useful additional protection while still keeping you comfortable.\

THINK LAYERS

4 | Cold-Weather Travel

Cold-weather packing is all about having the right layers available as temperatures and activities change.

- ☐ Warm winter jacket
- ☐ Thermal base layers
- ☐ Warm mid-layer or fleece
- ☐ Waterproof or weather-resistant outer layer
- ☐ Warm pants
- ☐ Winter-appropriate footwear
- ☐ Warm socks
- ☐ Gloves
- ☐ Warm hat
- ☐ Scarf or neck covering
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Appropriate swimwear, if needed
- ☐ Casual footwear for inside the hotel
- ☐ Small flashlight or headlamp, where appropriate

Footwear Matters

If your itinerary includes snow, ice or winter activities, ordinary trainers or athletic shoes may not provide sufficient warmth or traction. Follow the footwear requirements supplied for your specific program.

Don’t Forget the Sun

Cold does not mean there is no sun. Sunscreen and sunglasses can still be important, particularly when spending time outdoors around snow or at altitude.

WHAT YOU WEAR MATTERS

5 | Dressing for Your Destination

The way we dress is part of how we represent ourselves, our school or organization, and our group while traveling. Clothing that may be completely normal at home may not be considered appropriate in every destination, religious site,

cultural setting or activity. Travelers should be prepared to adjust their clothing to respect local customs and expectations.

Pajamas & Sleepwear

Pajamas and sleepwear should remain in your hotel room.

When leaving your room, including for hotel breakfast, lunch or dinner, group meetings, shopping or other activities, change into appropriate daytime clothing. Even during informal moments, you are traveling as part of your school or group.

Swimwear

Pack swimwear that provides appropriate coverage for your destination and activities.

Swimwear should be worn only in designated swimming, pool or beach areas. When leaving those areas, all travelers must put on appropriate clothing or a suitable cover-up. This applies in hotel public areas, restaurants and dining areas, shops, resorts and other public spaces. It also applies during all meal times, including breakfast, lunch and dinner. Some resorts, restaurants, cultural sites and destinations may require additional coverage. Always follow local dress requirements and instructions from your Trip Leader or Tour Director.

Shorts, Skirts, Tops & Everyday Clothing

Choose clothing that provides appropriate coverage and allows you to participate comfortably in the day's activities. Very short or revealing clothing may be inappropriate in some destinations and may not be permitted at certain religious, cultural or educational sites. **When in doubt, choose the more conservative option** and follow any destination-specific guidance provided for your program.

Cultural & Religious Sites

Pack at least one lightweight item that can provide additional coverage when required, such as a shawl, wrap, cardigan or lightweight long-sleeved shirt. Religious and cultural sites may have specific dress expectations, which can include covering shoulders, upper arms or legs. Travelers should follow the dress requirements of each site and any guidance provided by the Trip Leader or Tour Director. Entry may be refused if clothing does not meet the site's standards.

PACK WITH RESPECT

Part of international travel is recognizing that expectations are different around the world. You don't have to change who you are, but you may need to change what you wear for a particular setting. Pack clothing that gives you options.

YOUR TRIP MAY NEED SOMETHING EXTRA

6 | Activity-Specific Packing

Every STEM Study Tours program is different. A conservation program, scuba program, winter adventure, technology program or urban exploration may require different clothing, footwear or equipment.

Depending on your itinerary, additional items might include:

- ☐ Hiking or trail footwear
- ☐ Water shoes
- ☐ Quick-dry clothing

- ☐ Winter boots
- ☐ Waterproof clothing
- ☐ Field or conservation clothing
- ☐ Binoculars for wildlife, conservation or nature-focused programs
- ☐ Activity-specific equipment
- ☐ Rash guard or wetsuit
- ☐ Snorkeling / scuba / ski / board equipment
- ☐ Clothing suitable for cultural or religious sites
- ☐ Clothing suitable for a special dinner, performance or scheduled event

Wildlife & Nature Programs

Bring a pair of binoculars if your itinerary includes wildlife viewing, conservation activities or time in natural areas. Wildlife is not always close enough to see clearly, and having your own binoculars means you will not have to rely on sharing a limited number of pairs with the group.

PROGRAM INFORMATION COMES FIRST

Always follow the program-specific packing information supplied for your trip. If it differs from this general guide, follow the program-specific guidance.

BEFORE YOU CLOSE THAT SUITCASE

7 | The Final Check

- ☐ Passport or required identification packed
- ☐ Passport photocopy packed separately
- ☐ Travel documents accessible
- ☐ Prescription medications in original labeled containers
- ☐ Carry-on essentials packed
- ☐ Comfortable walking shoes packed
- ☐ Clothing appropriate for the destination and climate
- ☐ Appropriate clothing for cultural or religious sites
- ☐ Lightweight cover-up or layer packed for cultural and religious sites
- ☐ Swimwear and suitable cover-up packed, if needed
- ☐ Program-specific equipment packed
- ☐ Binoculars packed, if applicable to your program
- ☐ Chargers and adapters packed
- ☐ Luggage meets applicable airline requirements

ONE LAST PACKING RULE

If you absolutely cannot travel without it, don't put it in your checked suitcase. Keep your passport, medication, essential documents, valuables, money and necessary medical items with you.

READY? LET'S GO!

You've packed the essentials. You've planned for the weather.
You're ready to respect the places and people you'll encounter.
Now leave a little room in that suitcase... **You never know what you might bring home.**

STEM STUDY TOURS
TRAVEL WITH PURPOSE

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