

## **Packing List**

We advise you to pack light! In our experience, people travelling for the first time bring a lot of unnecessary items with them, which end up sitting in a bag untouched throughout the trip. This makes life difficult for the traveller and the drivers and guides who have to put luggage on the coach.

Students should be able to lift their own luggage onto overhead storage compartments and carry their own luggage up at least one flight of stairs without any help. One regular suitcase and a backpack should be more than enough. TLA cannot cover extra costs if one passenger brings multiple suitcases.

Generally, smart clothes are not required, even if you are visiting a partner school. Keep close track of the weather when closer to the trip and pack accordingly. We suggest all passengers bring some warm clothes with them just in case.

### **Necessities:**

- Passport & visa
- Details of emergency numbers
- Local currency and/or travel money card
- Photocopies of passport photo page and passport visa page and any personal insurance policies taken out.

### **Toiletries:**

- Insect repellent if applicable in your destination
- Hand sanitizer
- Sun cream and after sun - another must for spring or summer
- Moisturiser – useful for travelling during the cold, dry winter
- Any medication you need and a list of the medication you take
- Deodorant and tampons (hard to find in destinations like China)

### **Clothes:**

- Trainers/sport shoes/sensible walking shoes
- Walking trousers
- Jeans (or knee-length skirts or shorts for hot weather)
- A towel (if not provided by accommodation)
- T-shirts
- Jumpers or fleeces
- Sunglasses
- Waterproof raincoat.
- Sun hat/winter hat.



- Wash bag.
- Outdoor wear.
- Waterproof or warm coat (if travelling between September and May)
- Umbrella

**Electronics:**

- Plug Adaptors - check your specific devices' voltages to be sure if they will work with local voltage
- Phone chargers
- Headphones (for your flight!)

**Travel:**

- Earplugs and an eye-mask
- A jumper/hoody (it gets cold on long-haul flights or in airports during stop-overs)

**Extras:**

- A swimming costume (if applicable)
- Small gift for partner school visit (if applicable). Key rings, fridge magnets and postcards are all suitable gifts.

Make sure you leave room in your luggage – there are plenty of souvenirs you'll want to pick up!