

Packing Tips for your Trip

Before you begin to pack for your trip, remember that all participants are allowed one suitcase and one carry-on bag. Student Adventures recommends using a lightweight suitcase with wheels to put underneath the bus. This will make it easier to move throughout the hotel. Carry-on bags must be small enough to fit under a seat or in the overhead bin of the motor coach (duffle bag or backpack type).

Prior to packing check the weather forecast for your destination: (www.weather.com)

Tips for Your Carry-On Bag: Backpack or duffle bag type only

Your carry-on bag should contain valuables, essentials for freshening up in the morning (deodorant, toothbrush and paste ect.), and a change of clothing for the next day.

- Change of clothing (you will not have access to you main luggage until the following evening at the hotel)
- Camera
- Identification (SA Lanyard will be given out prior to getting on bus and MUST BE ON AT ALL TIMES)
- Spending Money
- Essential Toiletries
- Medications
- Cell Phone and Charger
- iPod/iPad/tablet and Charger
- Glasses or Contact Lens
- Reading Materials
- Pen or Pencil

Tips for your Suitcase:

You should pack personal items, clothing/accessories, and other items in your suitcase. A good rule of thumb is to lay out all of the things you are considering packing to make sure you don't forget anything.

Personal Items:

- Toiletries & Cosmetics
- Medicines (prescriptions turned into the main office the day or two prior to travel)
- Tylenol (Acetaminophen), Motrin, Benadryl Dramamine, Pepto Bismol, Tums, Zantac (reflux) and Anti-Itch cream will be provided in the medical/emrg. kits on each bus.
- Sun Glasses & Sun Block

Clothing: (ALL MUST BE SCHOOL APPROPRIATE AND COMPLIANT WITH SMS HANDBOOK DRESS CODE)

- Underwear: Pack for each day of the trip plus one emergency pair
- Shoes(3): A comfortable pair of shoes for walking and flip-flops for the hotel and maybe snow/rain boots
- Pants/Shorts based on weather
- Shirts/T-shirts and/or collared shirts
- Sweater, windbreaker, or sweatshirt
- Lightweight Jacket or winter Jacket
- Pajamas

Other:

- Travel Umbrella or Poncho
- Rain Gear

Additional Tips:

- For motorcoach travel it's a good idea to bring your own pillow.
- Suitcases are stored under the motorcoach and not accessible during rest stops. Participants should be reminded that they will not have access to items in their suitcase until arrival at the hotel.
- Participants should be reminded not to leave valuables in the hotel room while the group is touring. The only exception is to store them in a room safe (if available).