

Splash Into Science Packing List

Read these guidelines carefully and refer back to them frequently. They are based on nearly forty years of experience with thousands of student programs of all sizes and destinations. This information was gathered to assist you in packing efficiently and effectively.

PLEASE REMEMBER, WE WILL BE USING CARRY-ON LUGGAGE ONLY FOR THIS TRIP- **NO CHECKED BAGS******

Packing Checklist (Put student's full name on all personal items.)

- | | |
|--|--|
| <input type="checkbox"/> Closed toed water shoes with sturdy soles (sandals & flip-flops are <u>NOT</u> appropriate for most activities) | <input type="checkbox"/> Sun block |
| <input type="checkbox"/> Flip-flops or sandals for other times | <input type="checkbox"/> Rash Guard(s) w/ sun protection |
| <input type="checkbox"/> T-shirts and shorts | <input type="checkbox"/> Hat (for sun protection, a clip is helpful to prevent hat being lost while traveling by boat) |
| <input type="checkbox"/> 1 Pair Lightweight long pants and 1 long-sleeved shirt (for mosquito protection) | <input type="checkbox"/> Sunglasses (with strap) |
| <input type="checkbox"/> Wind/waterproof jacket | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> 2 swimsuits | <input type="checkbox"/> STURDY Plastic water bottle (Nalgene or Hydro-flask type) |
| <input type="checkbox"/> Sleepwear | <input type="checkbox"/> Spending money (about \$75-\$100) Provides a good opportunity to discuss <u>budgeting</u> with your student |
| <input type="checkbox"/> <u>Waterproof Watch</u> | |
| <input type="checkbox"/> Toiletries (toothbrush, toothpaste, etc.) | |
| <input type="checkbox"/> Small Flashlight and batteries | |
| <input type="checkbox"/> 1 towel (bath size, nothing huge) | |
| <input type="checkbox"/> Gallon-size Zip-loc bags (for wet clothing) | |

Optional Items

- Dramamine/Bonine- if needed, non-drowsy
- Camera* (waterproof)

*We recommend disposable underwater cameras for snorkeling and for all-around use during activities near water.

Snorkel equipment is available in Florida (no charge). If child owns equipment, it is his or her choice whether to pack and carry that equipment or use the available equipment. **WE RECOMMEND THAT YOU JUST USE THE EQUIPMENT PROVIDED!

Packing Tips

DON'T OVER PACK! A common mistake is to take too many clothes, unnecessary toiletries, etc. Each student **must be able to carry their own luggage**. One carry-on bag and a backpack are sufficient. Use quart-sized Ziploc bags to hold liquids and other toiletries (remember: 3 oz. maximum size for liquids in carry-on luggage). Extra, large (1 gallon) Ziplocs should be packed as well; these will be handy for wet bathing suits and other wet or dirty clothes.

Students must carry a picture ID (ID card, **photocopy** of passport, student ID, etc.) which matches the name on his/her airline ticket. **RIS STUDENT ID WORKS GREAT!**



Airline Bag Restrictions

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Airlines restrict carry-on items to a maximum of two total bags, including equipment.

- You can carry on **one bag plus one personal item** per passenger as long as They weigh no more than 40 lbs/18 kgs
- The bag is no more than 45 inches and the personal item is no more than 36 inches when you add the length + width + height so that it fits in an overhead bin or under the seat
- Items such as towels, shampoo, conditioner, and hair dryers are available at the hotel, and do not need to be packed!
- Remember 3 oz. (travel size) Restriction on Liquids in Carry-on Luggage
- Chaperones will carry extra sunscreen for travelers

**** We recommend a rolling bag with a handle for the carry-on bag, and a back pack for the personal item.**

Name Badges and Luggage Tags

Thirty days prior to travel, WorldStrides will provide one name badge and two luggage tags per traveler. After being filled out, these tags may be collected by your Program Leader until final role-call prior to departure. Additionally, many travelers find it helpful to attach a unique ribbon or tag to baggage, to avoid confusion between bags of similar appearance.