# **Packing for the Orlando2010 trip!**

## Luggage:

* Suitcase/ backpack (max. 50lbs and remember you are probably going to buy stuff down there).
* Carryon: best to take a small backpack that can double up for day trips.
* Note: only 3oz containers of liquid are allowed in your carryon and they must be in a ziplock bag.
* Useful tip: Put your email address on your luggage instead of your home address and put a card with your name, address and phone number inside the case. This will keep your home safe and also allow airport security to identify you as the owner of your case, should it get lost/ delayed.

**Important documents etc:** Chaperones will take care of all your other documents (plane tickets, etc…)

* Passport
* Travel insurance Card. (leave your booklet at home)
* Spending Money – This will be kept in the Brown bank and dispersed as you need it.
* Emergency contacts card
* Patience for the border and security at the airport.

**Health:** Chaperones will carry first aid kit

* Sunscreen (high SPF)
* Sunglasses.
* Hat – this is a must!
* Wash kit/ toiletries – all liquids should be in a ziplock bag.
* Small towel – the hotel will have many large towels for you.
* Any medication you are on - make sure you have enough to last your trip.
* Anti-chaffing powder/cream – the water rides will get you!
* Anti-histamines if you have allergies (minors can’t purchase these in Florida)
* Blister kit if you have new shoes
* Antibacterial hand gel

## Clothing:

## Light weight fabrics – Coolmax is great

* Lots of T-shirts
* Shorts/Capri’s/Skorts
* Poncho
* 1 pair of pants
* 1 very light jacket
* Swimsuit x 2
* Lots of underwear – think 2 per day
* High quality sandals & running shoes – all past students put this at the top of their list
* Enough socks to last the week.

**Optional:**

* Camera
* Ipod