



USA: 1-800-304-9446 CAN: 1-800-657-7754 INFO@PROMETOUR.COM

- Make sure that your general health is ready for this trip – do you need to visit your eye doctor, dentist, family doctor?
- Place ID Tags on all luggage and label the inside with name, address & phone number
- Check the internet for up-to-date weather information www.worldweather.org
- Try to pack as light as possible, unnecessary items will just weigh you down and not leave space for souvenirs!
- Arrange to share items with your roommates such as shampoo, toothpaste, sunscreen, hairdryer, dictionary etc.

ESSENTIALS

- Passport & any applicable visa - *Make a photocopy of your travel documents & leave them at home*
- Airline Ticket
- Last Recommendation Sheet with emergency contact numbers & copy of Final Itinerary
- Hotel / Family list with addresses and phone numbers
- Pocket Money / ATM Card and PIN# / Credit Card & PIN #
- Essential personal items (prescription glasses / contact lens case & solution, etc.)
- Necessary medicine in original prescription container

NOTE: This list is for a typical 10-day trip - please adjust for the length of your visit and to suit the season you are travelling

CLOTHING

2-3 pairs of jeans or lightweight pants	2 pairs of walking shorts
5 short-sleeved shirts	3 long-sleeved shirts
2-3 skirts or dresses (weather appropriate)	Socks & underwear for each day
Sleepwear	1 swimsuit + 1 lightweight beach towel
1 windbreaker- waterproof	1 sweatshirt or lightweight sweater
1 pair of comfortable walking shoes	1 pair of comfortable sandals
NO NEW SHOES	
1 hat / sunglasses	Wallet & money belt/neck pouch

* **FAMILY STAY PROGRAMS** – Your host family may not provide you with a bath towel, bring one with you from home

TOILETRIES - Pack liquid toiletries in zip-lock bags

Toothbrush / Toothpaste / Dental Floss	Shampoo / Conditioner
Soap in a plastic container	Razor / Shaving Cream
Deodorant	Hairbrush / Comb
Anti-Bacterial (waterless) soap	Sanitary Napkins / Tampons
Band Aids / Neosporin (Travel First-Aid Kit)	Aspirin / Ibuprofen
Mosquito Repellent	Small amount of toilet paper
Waterproof Sunscreen / Chapstick / Sunburn Lotion	Travel packs of kleenex

MISCELLANEOUS

Camera / Film / Batteries / Recharger	Watch & Alarm Clock
Hairdryer - 220 V	Adapter & Converter
Dictionary - 2nd Language to English	Refillable Water Bottle
Plastic Bags	Journal / Pens
Student ID Card	Playing Cards / Book