

# Spain Trip Packing List

## Travel Day "What to Wear"

- underclothing
- heaviest shoes
- NDPA travel jacket
- comfortable travel pants/shorts and shirt
- filled passport carrier & money holder (on your body)
- filled back pack, including NDPA day bag

## Suitcase 22"x14"x9"

- 6 briefs/panties & bra(s)
  - 1 extra pair of good walking shoes in sealed bag
  - 6 shirts (2 uniform)
  - sleep attire
  - small first aid kit
  - small umbrella, hat, gloves, scarf
  - dual voltage hair dryer (turned to 220) w/converter
  - dual voltage flat iron (turned to 220) w/converter
  - gift for host family
  - 6-7 pairs of socks
  - 4 pants or shorts (1 uniform long pant)
  - 1 long sleeve shirt for layering
  - hooded sweatshirt for layering
  - 2 sealable bags for laundry
  - sewing repair items/duct tape on stick
  - European electrical adapter and/or converter
  - shoe antibacterial spray
- \*Double check the size of your suitcase 22"x14"x9"

## School Size Back Pack

- complete change of clothing in sealed bag
- toiletry items (see below)
- camera or cell phone w/charger or batteries
- small blanket, travel pillow, eye mask, slipper socks
- sack lunch for airport-no liquids
- cold and prescription medicine, pain reliever
- anti-bacterial wipes & 2 travel size tissues
- entertainment items i.e. book, homework, games
- empty water bottle and SEALED travel snacks
- NDPA Day Pack w/ NDPA travel journal and writing tools

## Toiletry Items

### *Pack in Your Back Pack*

- QUART size clear bag to put all liquids in
  - deodorant
  - toothbrush and toothpaste
  - gum, mints, or hard candy (ear pressure)
  - lotion and small sunscreen for face
  - feminine products & make-up
  - brush or comb
  - chap stick or lip balm
  - glasses or contact storage/care
  - saline spray or Vaseline
  - optional extra battery charger
- \*All liquids must be 3 oz. or smaller

### *Pack in Your Suitcase*

- dental floss
- hair styling product
- nail clippers or file
- extra feminine products
- shampoo & conditioner & body soap
- sunscreen, ball cap, sunglasses
- shaving items
- swimsuit & sandals & closable plastic bag for wet suit

## WEATHER

Spain will have Utah like temps but with added humidity. You will be in many old buildings that do not have conventional heating. You may experience rain in Madrid and even in the south this time of year. The mornings and evenings will also be cool. Layers, layers, layers!

## CLOTHING

**BASIC COLORS:** Plan around a basic color. Choose a neutral solid color like black, navy, gray, brown, or khaki for your main wardrobe pieces. Matching striped or print shirts, a scarf or necklace can add a little color without sacrificing valuable space.

**WEAR IT TWICE:** Plan to wear each item at least twice during the trip. Choose clothing that is easy to care for and wrinkle resistant. Take more shirts than pants. Shirts are lighter, take less space, and are easier to launder.

## CARRY ON ITEMS

**PASSPORT:** Keep your passport and all money you bring in a **secure carrier, preferably with RFID, and wear on your body-DO NOT pack.** Be mindful of those around you and avoid drawing attention to having these items on you.

**LIQUIDS:** All carry on liquids, lotions, makeup, etc. must be less than 3 oz. each and ALL items must be able to fit in a clear QUART size sealed baggie. All extra's need to be packed in your suitcase (not backpack). To help lotions, shampoos and liquids from leaking in your luggage and carry on, allow a little air space in each container for expansion, then place a small square of plastic to cover the top before you reseal the lid. Place them in a sealed plastic bag.

**COMFORT and HEALTH:** Plan to wear comfortable travel clothes. You will be in them for a LONG time! (Sport jogging wear is comfortable for long trips and offers layers for comfort and sleeping.) Bringing a small travel pillow can greatly improve your comfort. There are small inflatable ones that won't take up lots of carry-on space as well as small neck ones that can easily be attached to your backpack. Use the Airport Restrooms when available prior to flight. Traditionally airports are cleaned more often. Moisturize your lips and nose. Use lip balms and Vaseline, Neosporin and saline solutions to moisturize mucus membranes inside and outside your nose can help to protect against germs entering your body. Remove contact lenses with freshly CLEAN hands during flights. Touching your eyes is one way cold and flu viruses make their way into the body.

**FOOD and WATER:** If you are buying airport snacks- eat and drink healthy. Avoid sugars, caffeine, and carbonation. Packing a few protein bars, granola bars or snacks, dry fruit and nuts as extra snacks in the extra spaces of your bags will not only help your hunger but also your snack budget. Drink lots of water! Avoid dehydration even if you are not noticing thirst. It would be wise to bring an EMPTY water bottle with you and fill it inside each of the airports prior to getting on the planes.

## MAKE IT YOURSELF

**FIRST AID KITS** and medications to include: Headache relief i.e.: Advil or Tylenol, Upset Stomach Aid, Cold or Sinus medications, topical antibiotic, Band-Aids for blisters etc. You may consider carrying a copy of the RX prescription.

**SEWING KITS** and repair kits are simple to make. Just a couple of needles secured to a piece of cardboard wrapped around with some precut lengths of thread, a couple of safety pins and a button or two and secure in a small baggie. A small amount of Duct Tape can quickly repair a tear. Just wrap a couple of yards around a small stick or straw and place in a baggie.

## PREPARE YOURSELF

**AVOID EXCESS JET LAG:** Plan to start our trip rested. Don't be tired before we begin our long trip. Rest well before we leave. As we travel, exercise and stretch when we have layovers. You will be sitting for LONG periods of time. While being courteous to other resting travelers, when given the option, move around and quietly stretch to promote leg circulation. Sleep or get into the flight movie or a good book. It will not only rest and relax your body and mind; it will help the time go more quickly.

## WHAT YOU CANNOT CARRY ON:

**Liquids over 3 oz.:** perfume, lotions, sauces, dressings, salsa, peanut butter, snow globes

**Sharp Objects:** scissors, knives, even souvenir swords. **Sporting Equipment:** bat, clubs, skis. **Firearms, Tools, Explosives, Chemicals**

For specific item information check the **TSA website:** <http://www.tsa.gov/traveler-information/prohibited-items>

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