# Spain Packing List

## A. LARGE BACKPACK
- Complete Change of Clothes
- Essential Toiletry Items
- Prescription Medication
- Cell phone/Camera
- Book/Homework/Drawing/Game
- Pen/Pencil
- Optional Battery Charger
- NDPA Day Bag
- Travel Blanket & Pillow

## A1. NDPA DAY BAG
- Prescription Medication
- Pain Reliever/Cold Medicine
- Anti-bacterial wipes
- Tissues
- Small First-Aid Kit
- NDPA Travel Book
- Pen/Pencil
- Sealed Travel Snacks/Hydration Mix
- Gum/Hard Candy (ear pressure)
- Empty Water Bottle

## A2. ESSENTIAL TOILETRIES
- Clear Qt size bag for Liquids
- Toothbrush & Toothpaste
- Deodorant
- Brush/Comb
- Chapstick
- Glasses/Contact Storage & Care
- Lotion
- Feminine Products & Make-Up
- Nail file

  All liquids must be 3 oz. or smaller

## TRAVEL DAY OUTFIT
- Underclothing
- Money Belt w/ Passport-on your body
- Comfortable Pants/Shorts
- Comfortable Shirt or Sweatshirt *
- Walking Shoes
- NDPA Jacket

## CARRY-ON SUITCASE
- 6 Briefs or Panties/Bra
- 6 Pairs of Socks
- 6 Shirts (1 uniform)
- 4 Pants or Shorts
- Sweatshirt* or Long Sleeve Shirt
- Walking Shoes in Sealed Bag
- Sleeping Attire
- Swim Suit & Sandals

### TOILETRIES
- Dental Floss
- Shampoo & Conditioner
- Body Soap
- Hair Styling Product(s)
- Hair Ties/Clips
- Shaving Items
- Dual Voltage Hair Dryer (turn to 220)
- Dual Voltage Straightener (turn to 220)
- Extra Feminine Products
- Anti-bacterial Foot Spray

### OTHER
- European Electrical Adapter/Converter
- 2 Closable Bags (Laundry)
- Small Umbrella
- Hat/Gloves/Scarf
- Ball Cap/Sunglasses
- Extra tissues/anti-bacterial wipes
- Duct Tape on a Stick
- Gift for Host Family
A. **CHECKED LUGGAGE**

Pack everything in here EXCEPT items that go in Backpack and Daybag

**Breakables**=wrap in clothes, in shoes

**ALL BLADES**: scissors, pocket knife, letter opener, etc.

**LIQUIDS over 3 oz**: snowglobe, olive oil, Fanta, etc.

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**Small First-Aid**

- 2 Band-aids
- Cut moleskin or blister bandaids
- Pain Reliever
- 1 dose cold medicine
- 1 dose stool softener
- 1 pkg. tissues
- Wet wipe
- Hydration drink mix
- 2 Safety pins

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**A1. NDPA DAY BAG**

- NDPA Travel Book
- First-Aid
- Sealed Snacks
- NDPA Day Bag

**A2. LARGE BACKPACK**

- Essential Toiletries at the top ready to take out
- Extra Outfit at the bottom
- Pillow/Blanket
- Prescription Meds

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**LARGE BACKPACK**

14 inches wide

9 inches deep