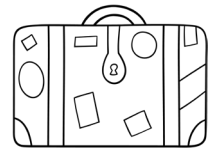




# Spain **PACKING** List



**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

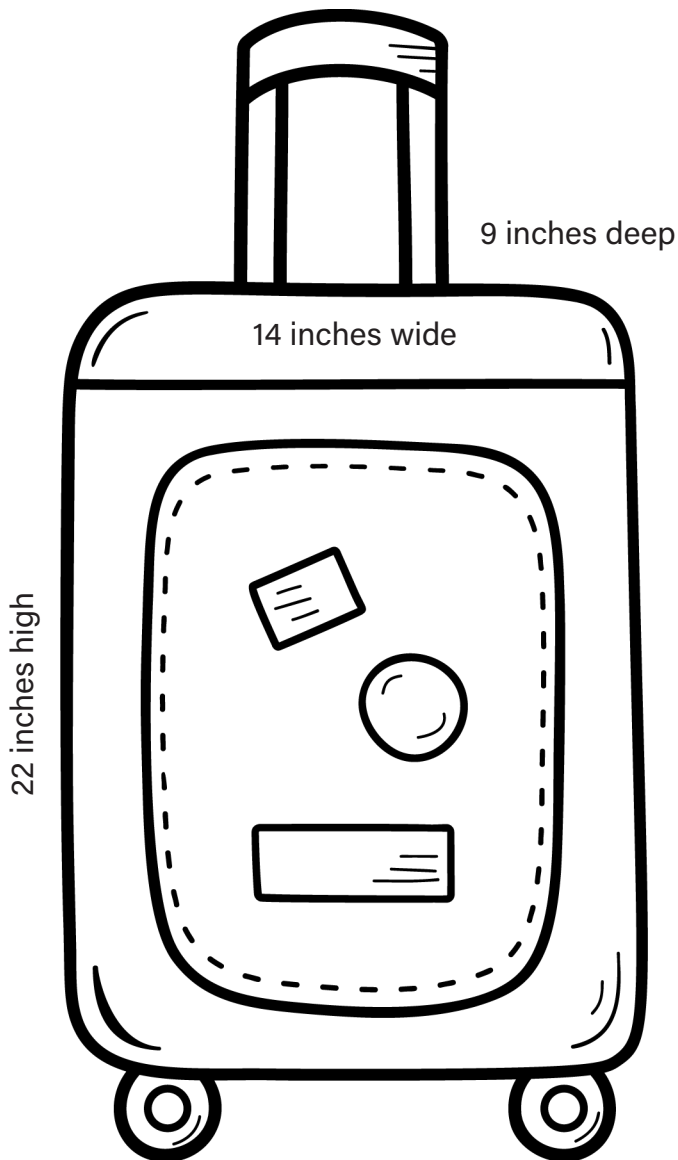
## A. CHECKED LUGGAGE

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.



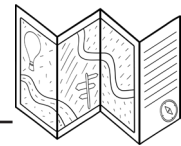
## Small First-Aid

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

### A1. NDPA DAY BAG



NDPA Travel Book



First-Aid



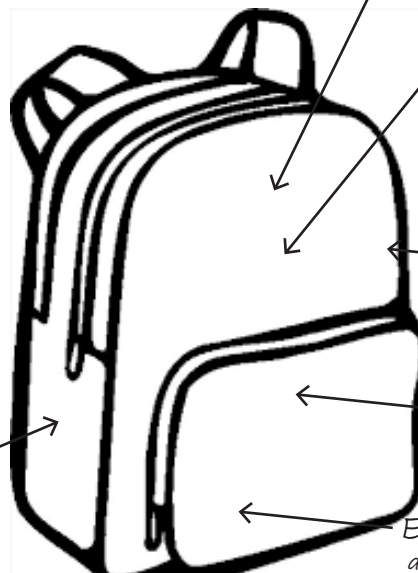
NDPA Day Bag



Sealed Snacks



### A2. LARGE BACKPACK



Pillow/Blanket



Prescription Meds



Extra Outfit at the bottom

Essential Toiletries at the top ready to take out

