

Packing Tips

Below is a sample packing list for the trip. This list is being continually updated. We welcome your suggestions that will make the list more complete.

Baggage:

There is limited space on the bus to store luggage—especially this year with 50 passengers. Also, those of us who help load and unload the luggage from the bus do not wish to handle huge/heavy pieces of luggage. As you know, the airlines are charging for extra bags and bags over weight bags. 50 pounds per bag is the maximum. A large bag usually exceeded 50 pounds.

Accordingly, each person is allowed to bring the following on the trip*:

1. One “checked” piece of baggage—no larger than a medium sized luggage piece. Please-no huge pieces of luggage. 24 X 16 X 12 inches is a perfect size. Must weigh less than 50 pounds
2. One small collapsible “carry-on” bag (recommended is a “book-bag sized” backpack **or** a small duffle bag with a strap). Do not bring a hard sided second piece of luggage that is just barely small enough to count as airline carry-on. Reason: No room on the bus for this type of bag in the passenger section.
3. One small day bag or a shoulder bag which can be folded and stored in your carry-on bag (in case airline requires you to combine your hand held bag with your carry-on)

NOTE: On the bus, each person is allowed one bag to be packed under the bus. Your second carry-on bag must be stored in the passenger area. There is no room for a hard-sided carry-on sized piece in the passenger section, so a smaller back pack or duffle bag is best.**

**If you have a special unique need that requires an accommodation, please contact Lance Noe and Professor Meyer.*

***the following website feature bags and travel items you may find to be of value also featured are “how to pack” sites:*

<http://www.travelsmith.com/> <http://www.magellans.com>

<http://www.youtube.com/watch?v=oxxUl8A3Css> (London Times—packing tips)

<http://www.youtube.com/watch?v=XiyVNP7TH9I> (Rick Steves—packing tips)

What should I bring??????

Here is a list of items you should consider packing for the trip along with recommended amounts of each item. Remember, for a trip of this length you will need to wash out clothing items and/or hire your laundry done at some point. It is not practical to pack 20 plus unique changes of clothing—so don't try!

- Shirts.** Bring 4-5 short-sleeved or long-sleeved shirts in a cotton/polyester blend to minimize wrinkling
- Sweaters or Lightweight Fleece.** Warm and dark is best for layering and dressing up. Dark colors don't show wrinkles or stains. Suggest 3-4 either sweaters or fleece. Some may wish to pack a dress/sport jacket—if so, then you need 2-3 sweaters or fleece.
- Pants.** Bring 3 pair plus the pair you wear on the plane: lightweight cotton or blended pants work better than jeans. Pants that are wrinkle resistant work well
- Underwear and socks.** Bring 5-7 sets. Suggestion: include 1-2 pair of wool or insulated socks as part of the 5-7 sets for those cold days we are outside.
- Insulated undergarments:** “Cuddl duds” <http://www.cuddlduds.com> or other lightweight, but warm long-undergarments are very valuable on those days we are outdoors for long stretches in the first half of the trip. They are easy to wash out and keep your outer garments fresh (Yonkers/J.C. Pennys/SteinMart etc. have these items)
- Shoes:** Two pair. One pair to wear on the plane (wear your heaviest pair of shoes on the plane) and pack the other pair in your checked bag. One pair should be the shoes you will wear most days. This pair should be a broken in, sturdy pair of casual/hiking type shoes that you can wear in cold and wet weather—a pair that grips slick pavement well. The second pair is up to you—maybe something ideal for when the weather is warm and dry in Italy and France—or slightly dressier if you wish to be more fashionable in the evenings. If you can't live life without a third pair, they should be very lightweight!
- Jacket/coat.** Bring a water-resistant windbreaker coat that has a hood. If the jacket is not insulated, then a second insulated undercoat is needed. A great coat for travel would feature a zip-in liner. Columbia brand for example as the *Columbia 3 in 1 Winter Dream Parka* that can be adjusted to fit the weather without bulk. Do not pack a large bulky winter coat. Layers work best and pack best!
- Scarf/headgear/gloves.** A warm hat and scarf is a must for those days of cold weather we will experience. A scarf also allows women to cover their shoulders/head in historic churches that require such. Bring a pair of lightweight gloves. Many also like folding ear muffs (Target/Lillians on 5th Street). A hat to protect your face and head from burning on warm sunny days is recommended.

- Small folding umbrella OR rain poncho:** It likely will be raining on a couple of days on the trip. Carry this in your backpack on those rainy days we are out and about.
- Sunglasses/small bottle of sunscreen:** Remember—this will be the first sun exposure of the new year for most of us—many will burn when we are in sunny Italy and France or even in the north if the sun is out!
- Glasses/contacts:** Bring extra pair of glasses and/or contacts plus cleaning fluids
- Purses/handbags:** Purses should have a strap so it can be worn over opposite shoulder. A strap that resists cutting is even better. Do not bring an expensive/designer handbag/purse. A day sized backpack works best.
- Small daypack.** A small fold up mini daypack is great for carrying your jacket, umbrella, camera, etc. while you leave your larger bag at the hotel or on the bus. All but the smallest “fanny packs” (small bags with thief-friendly zippers on a belt) are not recommended. They are popular targets for pickpockets and should never be used as money belts.
- Camera.** Please do not bring an ultra expensive camera unless you are well prepared if it should be lost or stolen.
- Wristwatch.** A built-in alarm is nice
- Jewelry:** Leave all valuable jewelry at home—please do not bring anything on the trip that would ruin the trip for you if it were lost or stolen
- Small travel alarm clock.** Hotel wake up calls are not always reliable. A back up alarm means you won't keep others waiting. It is important we leave hotels on time in the morning.
- Earplugs.** If night noises bother you, bring a set of expandable foam plugs—but don't wear them on the plane or on the bus when we are in the mountains (ear pressure). Earplugs help if your roommate is a noisy sleeper.
- First-aid kit basics**—bandages for small cuts and scrapes. (Target has small kits)
- Medicine and vitamins.** Keep medicine in original containers with legible prescriptions—see Dr. Zagoren's talk on medicine Carry essential medicine in your carry-on bag
- Toiletries kit.** Bring small containers—just enough to last two weeks. Put all squeeze bottles in sealable plastic baggies, since pressure changes in flight can cause even good bottles to leak. **(If you plan to carry-on your bag, all liquids, gels, and aerosols must be in three-ounce or smaller containers, and all of these items must fit within a single, quart-size sealable plastic baggie.)** See <http://www.tsa.gov/311/index.shtm> for details. Kmart and Target have a section

devoted to small travel sized toiletries.

- Sealable plastic baggies.** Get a variety of sizes. In addition to holding your carry-on liquids, they're ideal for containing wetness and bagging potential leaks before they happen. The two-gallon jumbo size is handy for packing clothing. Bring extras for the flight home, as they can be hard to find in Europe
- Soap/small laundry soap.** Our hotels provide soap just as in the U.S. However, a plastic squeeze bottle of concentrated, multipurpose, biodegradable liquid soap is handy for laundry. A small packet of dry laundry soap is even better.
- Address list.** A list of email/ mailing addresses will help you keep in touch. We have limited email access at the hotels—usually in the lobby area for a small fee per hour. Plan on going several days without easy access to email.
- Journal.** An empty book to be filled with the experiences of your trip will be your most treasured souvenir. Use a hardbound type designed to last a lifetime.
- Money belt/travel belt with neck string.** A zippered travel wallet or belt secures your most essential items (passport/ID/credit card/money). Lightweight and low-profile is best.
- Money.** Bring a credit card, a debit card, a perhaps \$50-100 of U.S. cash. Best to use a debit card and make several ATM withdrawals at safe locations every 2-4 days along the trip. Most prefer to use a credit card for larger purchases. Keeping 100-150 Euros on your person is plenty for most. You are welcome to obtain some British currency (British pound) and European currency (Euros) prior to the trip from your bank. If you do not make it to the bank, please know that it will be very easy to get cash once we are in London and Brussels from the nearest safe ATM machine. As of Jan 27th, \$1.41 U.S. buys 1 GBP/British pound and \$1.32 U.S. buys 1 Euro.
- Documents and photocopies. VERY IMPORTANT:**
 - ✓ Bring your passport
 - ✓ Bring your airline ticket and travel packet from the Travel Center
 - ✓ Bring your driver's license (for ID purposes)
 - ✓ Bring your health insurance card
 - ✓ Bring your Drake student ID (we get student rates at some locations)
 - ✓ Bring 800 numbers for your credit card and debit card provider (so you can call if lost/stolen). You should also keep your credit/debit card numbers in a different and safe location. Call your debit and credit card company now and tell them you will be in Europe the month of March, 2009 so they don't cut off your card due to the unusual purchases and try to call you at home to verify that your card is not stolen.
 - ✓ Bring your own photocopy of your passport. Carry the photocopy separately in your luggage and keep the original passport on your person.

Other “optional” items to bring:

- Swimsuit**
- Packing cubes.** These see-through, zip-up mesh containers keep your clothes tightly packed and well-organized.
- Nightshirt/warm up suit**
- Spot remover.** Bring Shout wipes or a dab of Goop grease remover in a small plastic container.
- Inflatable pillow** (or "neck rest"). For snoozing in planes, trains, and automobiles. Many travelers also swear by an ***eye mask** for blocking out early-rising or late-setting sun.
- Hair drier/curling iron.** Our hotels most certainly will have hairdryers—so do not bring a hairdryer. If you cannot live without a curling iron, we suggest buying a curling iron in Europe if you must have it for the trip. U.S. curling irons will not work in Europe.
- Small flashlight/reading light.** Especially if you are rooming with someone who doesn't want the lights on for late night reading. Tiny-but-powerful LED flashlights — about the size of your little finger — are extremely bright, compact, and lightweight.
- Adapters.** Electrical plugs for England and Europe
- Cell Phone**—you may want it for calls within the U.S. No need to bring the charger—just shut it off once we are overseas. Some cell phone services offer an international package.
- Clothesline.** Hang it up in your hotel room to dry your clothes. The handy twisted-rubber type needs no clothespins.
- Sewing kit.**
- Phone card:** You may wish to bring a phone card to facilitate phone calls. Sometimes, the hotel rate is very competitive—sometimes it is not, so check before calling home. Times: London is six hours ahead of Iowa, the rest of Europe is seven hours ahead. So 10pm in London will be 4pm in Iowa and 8 am in Berlin will be 1 am in Iowa
- Favorite book**

Final note on packing—pack smart in case your luggage is delayed or lost...

We have on very rare occasion experienced lost luggage. Do not pack anything in your checked bag that you cannot live without for 48 hours and which cannot be easily purchased in Europe. Medicines, unique personal items, tickets, documentation, coat, glasses, and contacts should be in your carry-on bag. Everything else—even basic toiletries can easily be purchased at the hotel and (worst case) even clothes can be purchased after a day or so. If you have room, it is a good idea to pack one shirt and one set of undergarments in your carry-on to make life easy if it would take two days for checked luggage to arrive.

Example of appropriate travel luggage

- 1) **Carry-on backpack**—serves as your carry-on for the plane and to take when we are out for the day. Keep this in the passenger section of the bus. A large shoulder bag is an alternative. A small, soft sided duffel bag with a strap is an alternative. Maximum weight for carry-on is 40 pounds and 45 linear inches (length + width + height) Soft sided only as hard sided carry-on will not fit on the bus

- 2) **Your check-in piece off luggage**—this travels under the plane and under the bus and stays in your room when we are in cities for more than one night. Maximum weight for this piece is 50 pounds. Please do not exceed this weight even if you are willing to pay—we can't have overweight luggage on the bus.
 - a. **Recommended maximum size** is 24 tall X 16 wide X 12 inches deep (can be expanded to 14 inches deep)
 - b. **You are a pro if your bag size** is 24X 12 X 12 (can be expanded to 14 inches deep)
 - c. **Larger? Please no.....**

- 3) **Options:** small folding duffel bag or shoulder to bring along—can be put inside your backpack for the tip over and be used as a carry-on for the final flight home if you buy lots of things

WEIGH YOUR LUGGAGE BEFORE ARRIVING AT THE AIRPORT!!

