



SUGGESTED PACKING LIST

One Suitcase - 22 pounds out bound

During your trip you will have to carry your suitcase on many occasions. You will find that many coaches (buses) do not have a great deal of luggage space. For this reason, you must restrict your luggage to one suitcase and if necessary, one carry-on flight bag. Your checked suitcase should not weigh more than 22 pounds. The itemized lists below are suggestions of what to take and include those things worn on the day of departure.

1. **ELECTRICAL APPLIANCES** - If you are taking an electric razor, hair dryer or curling iron on a European trip, it must have a power adaptor for 220 Volts. (Some of the new top line appliances have this built in.) But you must also have an overseas plug adaptor as well. Many Department and Hardware stores sell plug adaptors for a variety of countries.
2. **CAMERAS** - Expensive cameras should be registered with Customs before departure either in their regional office or at the airport. The registration card which you complete for the camera and any additional lens, is proof of ownership when you return from your out of country trip. When registering your camera you will be required to show the Customs Agent the article so do not pack your camera.
3. **FILM** - Buy your film in this country. Film purchased on your trip will be much more expensive because it is bought in a "tourist" area. Airport X-ray equipment should not damage the normal type of print or slide film you will be carrying (high-speed film rated 400 or higher should be protected.)
4. **LUGGAGE TAGS** - All luggage including suitcases, shoulder bags and camera cases should be tagged with your name and address. Luggage tags can be obtained on the day of departure at the airport. You should also tape a piece of paper with your name and address on the inside of each piece of luggage in case the outside tag is ripped off.
5. **SHOULDER BAGS** - Your carry-on shoulder bag (flight bag) must contain all of the things that are important to you should your suitcase not arrive with you. You will need a few things to carry you for a day or two including: Medication, Camera and a few rolls of film, a change of underwear and two or three pairs of socks.
6. **WHAT WILL THE WEATHER BE LIKE?** - Check the newspaper for international weather reports in the week before departure. During the spring, the weather in Quebec, Western Europe, the Soviet Union and Northern China is usually still cool and/or wet. You will be walking around outdoors a lot of the time, so sweaters, warm coats and a change of shoes are very important to your comfort.
7. **CHECKED SUITCASE** - Soft sided suitcases work quite well however you should not pack anything in them which could be damaged (cameras, perfume bottles, etc.) if something compressed the side of the case. If you have screw top containers in your toiletry kit, make sure the caps are screwed on tight and put them in a small plastic bag in case they do leak.

DETAILED PACKING LIST

Check off items as you pack them:

ARTICLES IN COMMON

Carried on your person:

- (a) - Passport (to be carried in a safe pocket)
- (b) - Visa or travel card (if required)
- (c) - Travellers cheques (carry list of numbers separate from the cheques)

Carried in your flight bag:

- (a) - Camera and a few rolls of film (camera instructions & spare batteries)
- (b) - Medication you may require, aspirin, gravol, a cold remedy, etc.
- (c) - A small travel alarm clock
- (d) - Hand soap, and a face cloth (some European hotels do not supply these)
- (e) - Toothbrush and tooth paste
- (f) - One change of underwear
- (g) - Two pairs of socks
- (h) - A note book and pen to keep your diary (list all purchases on the back page)

Carried in your suitcase:

- (a) - A second pair of comfortable walking shoes
- (b) - One roll of toilet paper or a package of kleenex
- (c) - 2 pairs of casual pants (or jeans)
- (d) - 2 sweaters (one heavy & one light)
- (e) - 1 warm all-weather coat (rain proof)
- (f) - 1 pair of gloves and toque, hat or tam (Spring programs only)
- (g) - 1 light jacket
- (h) - Underwear for the length of the trip
- (i) - One small towel (some European hotels supply only a bath towel)
- (j) - Shampoo (sufficient for the trip - in a well sealed container)

ARTICLES FOR WOMEN

- (a) - 1 warm nightgown or pyjamas
- (b) - 1 lightweight housecoat
- (c) - 2 long sleeved drip-dry blouses
- (d) - 2 T-shirts
- (e) - 4 pairs of knee socks
- (f) - 1 dress or skirt
- (g) - hair care items (hair dryers and curling irons could be shared).

ARTICLES FOR MEN

- (a) - 1 pair of pyjamas
- (b) - 1 lightweight housecoat
- (c) - 6 pairs of socks
- (d) - 1 long sleeved shirt (dress)
- (e) - 3 shirts, drip-dry and/or T-shirts
- (f) - 1 pair of dress slacks
- (g) - hair care and shaving items