

## BAGGAGE CHECKLIST, FOR INFORMATION

### BASIC RULE

Do not overload your luggage as you will as to walk with your bag or suit case!

Tip # 1: rolled clothes takes less space.

Tip # 2: to bring only the necessary, make sets of clothes while packing

### PERSONAL BELONGINGS

- Resistant plastic bag to carry your bathroom articles (ZIPLC)
- Tooth brush and dental floss
- Nail clipper
- Comb or hair brushds
- 2 Face cloths
- 1 Towel (that dries quickly)
- Antiperspirants
- Plastic soap holder
- Tooth paste, soap, shampoo (small bottdsles)
- For men: razor, razor blades and shaving cream
- For women: Tampons and/or sanitary nasdfpkins
- 1 toilet paper roll
- Tissues

### FIRST-AID ARTICLES

There should be a complete first-aid kit for your group (by the teachers). Here is a link for a recommended complete kit:

[https://travel.gc.ca/travelling/health-safety/kit?\\_ga=1.199494958.1067253164.1470852844](https://travel.gc.ca/travelling/health-safety/kit?_ga=1.199494958.1067253164.1470852844)

Everyone must however predict what will be essential for him/her; according to his/her condition and destination.

- Resistant plastic bag for the first-aid kit
- Insect repellent with DEET (ex. Watkins)
- Small bottle of Acetaminophen (Tylenol), ibuprofen (Advil) or aspirin against fever
- Sunscreen bottle (SPF15 and over)
- Aloes or cream after sunburn
- Laundry soap bar
- Any medication you must take - in its original container, clearly identified. A medical certificate may be required for the use of certain drugs (syringes).
- Malaria medication, with prescription (depending on destination)
- Antibiotics for self treatment or severe diarrhea (Cypro), with prescription (depending on destination) anti-diarrhea medication (Imodium), anti-nausea (Gravol) and laxative (if applicable)
- Antihistamine and decongestant (against allergies) (if applicable)
- Antibacterial ointment, antifungal or antibiotic (Polysporin)
- Medication against menstrual pain, antacid, or expectorant cough, throat lozenges (if applicable)
- Digital Thermometer
- Oral Rehydration Solution (Gastrolyte)

### CLOTHING

Faded, torn or patched clothing are not acceptable. Don't bring tight or provocative clothing or clothing with inscriptions or drawings that can offend. Loose clothes allow you to better withstand the heat. Opt for light-colored cotton clothes with synthetic.

- For men: 1 pair of pants and 1 dressed shirt
- For women: 1 skirt (or dress) and 1 blouse
- 2 pants less "clean" including 1 for community work
- T-shirts
- Shorts
- 1 or 2 sweat shirt
- Underwear and socks
- 1 pair of comfortable shoes that can be used for community work
- Comfortable sandals
- Tongs/flip-flop to use in the shower
- Bathing suit
- Pyjama
- 1 raining coat
- Hat or cap

### OTHERS

- Small back-pack to carry on the plane
- Lock for your suitcase
- Empty bottle of water (to be filled with water after passing customs)
- Small dictionary (If travelling in a country the language is different than the one you speak)
- Personal trip diary
- Waist bag (to carry your passport and money)
- Sun glasses
- Mosquito net for the night (if necessary, depending on destination)
- Books, music (with headphones), small board games, playing cards
- Ear plugs
- Rope, twine
- Garbage bag (to protect your luggage in case of rain)
- Power Adapter (for socket) and transformer (if applicable)
- Small flashlight or headlamp
- Alarm clock or watch
- Camera, with batteries and/or charger
- Some "Ziplocs" and plastic bags (for wet clothes)

### IMPORTANT DOCUMENTS

- Passport + 2 copies : 1 to keep with you and 1 copy to leave in your suitcase (or to give to your teacher) + 1 copy to leave at home
- Medical insurance card
- Student ID
- Contact lenses or glasses prescription
- Vaccination booklet (according to your destination)

**SMALL BACK-PACK FOR THE PLANE**  
**(IT WILL BECOME YOUR DAY BACK-PACK)**

- Travel documents (passport, visa, plane ticket)
- Camera
- Books and music (with headphones)
- Gum, Graval, prescription drugs
- Chewy bars and snack foods
- Empty bottle of water
- 1 Change of clothes Set
- Money

**MONEY**

- Cash in local currency (or money accepted almost everywhere as the euro or the US dollar)
- Debit/ATM card.

**DO NOT BRING**

- Firearms, knives
- Drugs, sleeping pills or others
- Books, brochures or political documents that may offend
- Fresh food (fruits or plants)
- Domestic animals
- Moderation on perfumes

**MAXIMUM LUGGAGE WEIGHT**

Verify with your airline.

**EDUCATIONAL TOURS**  
**VOYAGES SCOLAIRES**