

PACKING LIST

Items to Wear:

- Shoes – broken in and all-terrain
- Trip Jacket
- Safety wallet/Money Belt
 - Passport - make a photocopy of your passport for yourself and store somewhere else.
 - Money – Euros and Swiss Francs (\$30-50 per day)
 - Debit Card/Emergency Credit Card – make sure you notify your bank of your travel locations and dates before you leave the country (if you don't they will likely cut you off)
- Cell – if you take it make sure it is in airplane mode OR have an international plan (roaming fees are HUGE!)

Personal Item – EF Backpack

- Snacks – not fruits or meats (problematic at airports)
- Gum/lozenges (strong mint or menthol is the best) – you need to equalize the pressure in your ears as you take-off and land and you DO NOT want to be stuffed-up! Yawning and drinking fluids are good alternatives.
- Earplugs and blindfold – helps to sleep on the airplane
- Reusable water bottle (belt clip best) – water is free in Rome and potable everywhere – keep it empty until we get through security!
- Hat
- Umbrella – compact and ventilated (if possible)
- Journal – it is good to remember what and when you did (each group will also be responsible for updating the website as we go.
- Travel Booklet with contact and hotel info (supplied)
- Amazing Race Booklet (supplied)

Carry-on Recommended Items and Strategies:

- Prescriptions in original bottles – make sure you have enough and inform Mr. Robertson
- Sunglasses – it will be sunny (pray for good weather)
- Extra change of clothes – just in case your luggage gets lost in transit
- Mini toiletries – make sure everything is under 30mL and will need to go in an airport approved baggie
- Camera and extra photo cards/batteries
- Power adapter/converter – check your electronic items to see if they need 110V or if they can also handle 220V
- Ziploc bags – all sizes – double bag anything that is liquid
- Electronics and charger cords – make sure they are easy to separate and work for the airport, download apps before you leave, and don't bring anything you don't want to carry everywhere!
- Earphones/buds – buds are best because they are compact and airlines are ok with them throughout the flight
- Book – for when electronics just won't do
- Mascot

Suitcase Recommended Items and Strategies:

- All suitcases will be marked with red duct tape, weighed, description noted, and given an EF tag before we leave (11AM April 17)
- On arrival at airport an EF co-ordinator will meet us, put us through check-in, and you will give me your luggage claim tag(s)
- Suitcase locks - can be used for backpacks, carry-on and suitcases – we are not travelling via the USA so no worries!
- Alarm clock
- Sunscreen
- Laundry soap – dry type that can be used in sinks
- Ziploc bags – all sizes – double bag anything that is liquid
- Garbage bags – to separate dirty clothes from clean – you can also use them to compress your clothes when packing

- Extra shoes – put your socks into them to reduce wasted space
- Roll your clothing or fold more than two pieces together – it will reduce size and wrinkles
- Place any packed belongings you don't feel comfortable with strangers handling in clear plastic bags.
- Over the counter medicines (painkillers, Pepto-Bismol, etc . . .) – hard to get in Europe because of different languages and laws.
- Spot remover - a few Shout wipes or a dab of Goop grease remover in a small plastic container.
- Clothes:
 - Underwear and socks - Bring five sets (lighter dries quicker). Bamboo or cotton/nylon-blend socks dry faster than 100 percent cotton, which lose their softness when air-dried.
 - Sleepwear/loungewear - Comfy streetwear — such as shorts, leggings, T-shirts, tank tops, yoga pants, and other lightweight athletic gear --- can be used as pajamas, post-dinner loungewear, etc
 - Shirts/blouses. Bring up to five short-sleeved or long-sleeved shirts or blouses (how many of each depends on the season) in a cotton/polyester blend. Shirts with long sleeves that roll up easily can double as short-sleeved. Look for a wrinkle-camouflaging pattern or blended fabrics that show a minimum of wrinkles. Synthetic-blend fabrics (such as Coolmax or microfiber) often dry overnight.
 - Pants/shorts - Bring two pairs: one lightweight cotton and another super-lightweight pair for hot and muggy big cities. Jeans can be too hot for summer travel (and are slow to dry). Many travelers like lightweight convertible pants/shorts with zip-off legs. While not especially stylish, they're functional in Italy, where you can use them to cover up inside churches while still beating the heat outside. Button-down wallet pockets are safest (though still not nearly as thief-proof as a money belt). If you bring shorts, one pair is probably enough. Shorts can double as a swimsuit for men when swimming in the ocean.
 - Sweater or lightweight fleece - Warm and dark is best — for layering and dressing up.
 - Long johns, toque, light gloves – coastal areas can be a bit chilly

REMEMBER: EVERYTHING YOU PACK, YOU WILL HAVE TO CARRY AND MOVE EVERY DAY OR TWO, SO KEEP IT LIGHT!!!

Airport Strategies:

- As little metal as possible (watches, rings, chains, coins are all problematic – store them in your carry-on until we are through security)
- Make sure your mini toiletries are easy to separate and in a Ziploc baggie (and then put in the airport approved ones when we get there)
- Passport and tickets easily accessible but secure – you need them at every step
- Money belt/safety wallet off when going through security
- Shoes that can be easily taken off
- Nothing in your pockets – especially coins!
- Comfortable clothing for the airplane – restrictive clothing is a big deal when you are sitting and wearing it for a day and a half.
- Electronics - make sure they are easy to separate and work
- Water bottle empty through security
- All luggage can be towed with a single hand
- Each Division will have a role to play in luggage collection:
 - Div I: Moving the suitcases from Div III to Div II
 - Div II: Guarding the carry-on and collected suitcases and tallying the luggage
 - Div III: Collecting the luggage from the carousel

Traveling to and from the Airport

- We are taking the PCAS Bus and one car
- Issues:
 - We have 26 people and the bus only fits 24 so . . . I need someone to drive my car back and forth who is not going on the trip OR someone to meet us in Calgary (who will actually meet us on time!)