

GAPP – PACKING AND PREPARING

PACKING REQUIREMENTS:

- ✓ 1 suitcase (with rollers, or light enough to carry) – 50lbs/23 Kg., 62”in length/width/height
- ✓ 1 carry-on (a backpack is suggested) – 22lbs/10kg., 45” length/width/height
 - *You will be charged \$120 per overweight bag at the check-in with the airline!!!!*

PACKING TIPS:

- ✓ DO NOT wait until the night before to pack!!
- ✓ Roll everything as tightly as possible & stuff your undies and socks into shoes to make more room
- ✓ Lay towels (may need for youth hostels) and fancy clothes over the top
- ✓ You will be carrying and walking with luggage on trains, buses and possibly up stairs. PRACTICE walking and carrying your luggage – unload if too heavy
- ✓ Put both yours and your partners name and address on the inside and outside of luggage (use duct tape!)
- ✓ You will need space for anything you buy in Germany and want to bring home
- ✓ Suggestion: pack clothes to leave behind.
- ✓ Pack everything you think you need and then re-evaluate. Try to remove about half!
- ✓ Make sure to “squeeze out” any extra air from any containers (shampoo) and pack in ziplock bags
- ✓ ALL CLOTHES MUST BE MODEST, NEAT, and APPROPRIATE – NO HOLES/RIPS/TEARS
- ✓ Remember to bring presents for your hosts, that will also create more room to bring souvenirs home
- ✓ IN CARRY ON: pack a pair of socks, undies, clean shirt, toothbrush, important medications, or anything valuable (money, etc.) - just in case your luggage is lost. Pack liquids in suitcase, it is easier!
- ✓ DO NOT pack anything flammable or things that will not make it through security.
NO Swiss army knives, razors, nail clippers, lighters in your carry on
- ✓ DO NOT bring anything too valuable or that you would leave you heartbroken if lost or destroyed

WHAT TO PACK:

- a camera (with an extra memory cards) FYI – Cameras tend to be lost or broken, so don't bring valuable one.
- sunglasses
- wrist watch (very important to make sure you are always on time!!!!)
- If needed* electronic adapters (find at any travel/luggage store) -- try to share items with partner
- If needed* DUAL voltage ~~hair dryers~~, razors, curling irons... (220-volt AND 120-volt) – try to share with partner
- TOILETRIES: (put liquids in ziplock bags in case they explode on plane)
 - toothpaste, small packets of tissues, small bottles of shampoo/conditioner, personal products (ladies), deodorant, soap, lotion, sunscreen, contact solution, glasses, nail clippers, Chapstick, Band-Aids (you may want to bring extra glasses/contacts)
- PERSONAL/PERSCRIPTION MEDICINE: *if needed*
 - ibuprofen, Pepto-bismol, cold/sinus meds (Advil, Sudafed...), allergy meds, Dramamine,
- PRESENTS for the host family and partners:
 - WI stuff, Wilmot sweatshirts, mugs, Wilmot notebooks, little American flags, candy, things your partner liked
- small, foldable umbrella (it may rain a lot)
- Cash, debit card (linked to a checking account) and phone numbers to report if anything is lost/stolen
 - bring only enough American money for the airport, you will not be able to exchange \$ for € in Germany
- PASSPORT CARRIER: goes under clothes, either a belt or around waist, thin, light
 - Money, ID (school ID is fine), emergency cards, your phone number and address as well as the phone number and address of where you are staying.
- You may want to bring a water bottle to keep refilling.
- Bring things for the plane
 - Search a word, Sukuko, books to read and food to snack on.
- Clothing: it's usually chilly there, often rainy, even in summer (60-75 degrees).
 - Bathing suit
 - not more than 2 pairs of shorts (Bermuda/longer shorts only; it's chilly there)
 - anything comfortable for walking/traveling, but all clean and neat (no holes, tears)
 - capris, jeans, t-shirts, 1-2 sweatshirts (they are bulky! It is best not to pack them, but to wear them on the plane)
 - one fancy outfit – guys, polo/pants, girls, light dress or skirt/top
 - sandals, tennis shoes, dress shoes...not more than 3 pairs
DO NOT bring brand new shoes (we will be doing LOTS of walking)
 - light jacket (waterproof for rain)
 - plenty of socks and underwear
 - pajamas/sweats (appropriate and comfy for home use only)