

## Tips

# International Classroom Packing List

Find out your baggage allowance – number of items and weight – from your airline. Economy class passengers are generally limited to one piece of checked luggage of around 20 kg in weight. You will also be able to take one piece of hand luggage no larger than 55 x 30 x 20 cm, and no heavier than 7 kg (some airlines have a limit of 10 kg).

### Clothes

- Pullover / fleece / thin jacket
- Long trousers / skirt
- Shorts (May to September)
- T-shirts (long and short-sleeved)
- Full-length pyjamas
- Underwear
- Socks
- Hat / other head-covering
- Scarf / shawl
- Bag for dirty washing
- Sturdy shoes
- Sandals (May to September)
- Shower sandals
- Trainers
- Swimsuit / swim shorts
- Hand towel / beach towel
- Washcloth

### Toiletry bag

- Toothbrush
- Toothpaste\*
- Soap\*
- Shampoo\*
- Moisturiser\*
- Sun cream\* / after-sun lotion\* (May to September)
- Deodorant\*
- Pocket mirror
- Tissues
- Personal hygiene items for women
- Contact lens solutions and case
- Personal medicines



Pack the essentials and  
bring back more  
souvenirs!

\* Liquids and other potentially dangerous items should be placed in the checked luggage.

### Travel first aid kit (for the group)\*\*

- Plasters
- Poss. gauze / compresses / bandages
- Antiseptic cream\* / disinfectant spray\*
- Clinical thermometer
- A product to treat insect bites
- A product to treat stomach problems / nausea
- Painkillers (paracetamol, no aspirin)
- Nasal spray\*
- A product to treat sore throats\* / coughs / flu-like infections

### Teachers

- Letter of introduction from the school principal expressing support for the project
- Information about your school (brochure, etc.)
- Photos and video and/or sound recordings to give an impression of your school and your daily lives (check device compatibility!)
- Camera
- Tourist information about the area in which your school is located, including posters
- Messages from your students (initial contact visit)
- Relevant planning and teaching documentation, holiday plans and information about the education system (initial contact visit)
- Gifts – especially ones with a link to your school and its setting. Bring more than you think you will need, as you may meet more people, enjoy more hospitality, and receive more gifts yourself, than you expect.

### Documents (and copies)

- Passport (valid for at least a further six months)
- Currency wallet
- Proof of insurance (health insurance)
- Cash (euros / US dollars)
- International credit card

### Other

- Daypack
- Luggage labels
- Project materials
- Paper / pens/pencils / diary
- Addresses
- Travel games / playing cards
- Book / magazines
- Torch
- Penknife\*
- Mobile phone
- USB stick
- Camera
- (Rechargeable) batteries
- Chargers
- Sunglasses
- Glasses & prescription
- Host(ess) gifts (e.g. spices, tea, etc.)

\*\*Check with your partner school if they already have a travel first aid kit that you can use.

**STIFTUNG  
MERCATOR  
SCHWEIZ**