

Norway Packing Check List

Documents and Essentials

- Money belt or neck wallet
- Passport
- Copy of Passport
- Copy of Airline Itinerary
- Copy of Program Itinerary
- Emergency Contact Numbers
- Photocopies of all documentation
- ATM or credit card (x2)
- 20 -50 cash (Euro) for Amsterdam
- Health insurance information
- Other: _____
- Other: _____

Miscellaneous

- Luggage identification
- Extra change of clothing in carry-on
- Satchel or backpack (secure closure) for day excursions
- Travel Alarm clock (battery-operated)
- Adapter, converter, transformer (if needed)
- Camera
- Portable music player / book or magazine for flights
- Extra batteries
- Address book for postcards
- Journal
- Travel guide for host country
- Photos of family and friends
- Small gifts to exchange
- Sleep sack (if desired)
- Sunscreen
- Hand sanitizer
- Tissues or travel toilet paper
- Sunglasses
- Hat/cap
- Umbrella

Medical/ Toiletries

- Prescription medicine in original containers & copies of prescriptions
- Eyeglasses or contacts, spare pair, & lens prescription
- Health kit, with: (as needed) **prescription medicines**, bandages & band-aids, cold & flu tablets, motion sickness medicine, pain reliever, Pepto-Bismol, throat lozenges, lip balm, etc
- Wash cloth and small towel
- Bath/ cosmetic supplies
 - o Toothbrush/paste
 - o Deodorant
 - o Soap
 - o Makeup
 - o Etc.

Clothing

- Sturdy, **comfortable** walking shoes
- Shower shoes (if desired at hostel)
- Socks or hose
- Underwear
- Pajamas
- Swimsuit (?)
- Jeans/slacks
- Shirts
- Sweater or sweatshirt (think layers)
- Rain jacket
- Nice semi-formal outfit (shirt, jacket for men / nice outfit for women)
- Other: _____
- Other: _____

***Remember that we will be moving / traveling frequently. You must be able to manage your own luggage. Please consider checking a (carry-on-size) suitcase and carrying on a shoulder bag. Do not forget to pack a change of clothes and your essential medications in your carry-on luggage.**