



Packing List

The number one rule of packing: **do not overpack!!!** All First Stamp LLC participants will be limited to one carry-on size suitcase and one personal item (backpack, purse, etc...), so strategic packing will be key. Keep in mind, you do not need a different outfit for every day of the trip! Light layers can be a helpful strategy as weather may vary greatly: from rainy and temperatures in the 60's in London/Dublin to sunny and temperatures in the 70's or 80's+ in Paris and Rome. We'll spend time on an orientation zoom talking more about packing, but this list will give you a good place to start.

Please note: we will have one opportunity for laundry about halfway through each trip, but we will also provide small bottles of laundry soap so you can rinse smaller items out and hang to dry in hotels.

Clothing:

- 4-6 tops such as t-shirts, blouses, tank tops
- 1-2 long-sleeve light cardigans or sweaters for cooler mornings/evenings
- 4-6 bottoms such as jeans, shorts, pants, skirts
- 1-2 dress or skirt/top outfits for more dressy evening activities such as the theatre
- 1 workout or more athletic outfit for possible volunteer opportunities or workout, if interested (shorts/t-shirt, leggings/t-shirt, etc...)
- 8-10 underwear, socks, etc..
- 2-3 bras
- 1-2 pair lightweight pajamas
- 1 pair sneakers/comfortable walking shoes (definitely make sure these are broken in!)
- 1 pair sandals, flats or type of shoe that could be worn for more dressy activities
- 1 swimsuit
- 1 scarf/wrap (optional, but can be a useful layer on planes, trains, etc..)
- Hat/sunglasses

Toiletries:

- 1-2 travel size toothpastes
- Toothbrush
- Travel size shampoo/conditioner
- Brush/comb

- Travel size sunscreen/lip balm with SPF
- Soap
- Deodorant
- Feminine hygiene products
- Razor
- Hair ties/clips
- Nail clippers/nail file (optional but can come in handy!)
- Spare glasses/contacts (if necessary)
- Clear bag for all travel size liquids that is no bigger than 1 liter (a Ziploc bag works well for this!)

Miscellaneous:

- Phone/charger (optional but encouraged and to be used following stated First Stamp phone policy)
- Earbuds/headphones (optional, but may be useful for travel days)
- Passport and copy of passport (also advised to leave a copy of your passport at home in the U.S.)
- E-reader or books for downtime
- Small bag for laundry (optional)
- Ear plugs (optional, but can be useful for planes and loud hotels)

Leave at Home:

- Expensive clothing/jewelry
- Heavy/bulky items (remember you will be carrying all of your items throughout the trip)
- High-heeled shoes
- Electrical appliances (recommended to leave things such as hairdryers/straighteners at home – even with a converter, these items typically use different voltage levels)
- Gaming devices

Provided by First Stamp:

- Carry-on suitcase
- Packing cubes
- 1 lightweight jacket
- 1 First Stamp t-shirt for travel days
- Crossbody bag
- Small umbrella
- Water bottle
- Journal
- Travel charger adaptor