

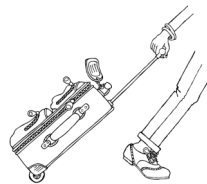
# Timely Travel Tips for International Volunteers

# PACKING

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Where Is She Heading



**Where Is She Heading, LLC**

## HOW AND WHAT TO PACK



### AIRPLANE

**Blankets/pillows** – Many domestic airlines have cut back on comfort items. Carry a blanket, sleep sack, or consider a space blanket (silver on one side/red on the other) when traveling. While a space blanket will not offer any padding on a hard surface, it can be very warm on a drafty concourse.

**Bulkiest shoes** – If you wear them on the plane, you can save weight and space in your luggage. Others find them uncomfortable during transit. They can cut off your circulation so they pack them instead.

**Flammability** – When flying into most countries, including to and from the US, you may be asked if there is anything flammable in your luggage, checked or otherwise. This may even mean matches. If there is any chance it might ignite, go without.

**Food-carrying it on the plane** – If it is properly labeled and sealed, you may be able to carry it on the plane. If you have fresh fruit, meat, nuts or vegetables, plan to enjoy it on the plane, as it may not be allowed at immigration.

**Sleep aids** – If you want to sleep on the plane, decide what you need to be comfortable. Consider carrying noise canceling ear phones or earplugs, eye mask, sleep sack or blanket, neck pillow, sleeping pills for long international flights, and warm socks or compactable down slippers.

**Water bottles** – If you like to have extra water on the plane, carry an empty water bottle through airport security. After you have passed the metal detectors, you can fill the bottle(s) from drinking fountains on the concourse.

**When you arrive** – If you have had a long flight and slept through most of it, you may want to freshen up before you go through immigration. Consider a small zip lock with a comb, tissues, vitamins, lip balm, travel toothbrush already loaded with toothpaste, or mouthwash.