



STEM Study Tours

Travel with Purpose

ENSURING YOU HAVE AN INCREDIBLE EXPERIENCE IS OUR MAIN GOAL. BELOW YOU WILL FIND SOME KEY ITEMS YOU WANT TO BE SURE TO BRING ON YOUR STEM STUDY ADVENTURE!

- A warm **Winter Jacket**
- **Layers:** Depending on your destination, temperatures may vary drastically throughout the day. Layers allow you to add or take off for your personal comfort. Depending on how much outdoor time, thermal wear may be advised. We want you to have the best protection from the cold.
- Please make sure that students bring **snow boots** specifically for winter conditions and not just trainers / athletic shoes. If your school desires to participate in snowshoeing activities, snow boots will be required.
- **Socks:** Many students arrive without having packed adequate socks for winter weather. Winter activities in unapproved foot coverings such as tube socks, ankle socks, and a variety of others can lead to frostbite.
- **Mineral Sunscreen:** Whether on a mountain or trekking through the lava fields in Iceland, sunscreen is an absolute must. Please note it is highly recommended to use Mineral Sunscreen as it is environmentally friendly.
- **Swimsuit:** Many destinations offer a pool or a hot tub. Please consult your teachers prior to swimming as generally no lifeguards are on duty.
- **Breakfast Footwear:** We suggest bringing a pair of flip-flops or other easy shoes to slip on for breakfast at your hotel.
- **Toiletries:** Although many hotels offer some form of toiletries, this is not a guarantee, and many times what is available is not enough to share between multiple guests. We recommend that you pack **shampoo/conditioner, lotion, oral hygiene** items and any other items that you may need for a comfortable stay.
- **Headlamp or Flashlight**
- **Gloves, Hat & Scarf:** These are additional layer items that are necessary for any cold-weather destination!



COLD WEATHER TRIP ESSENTIALS



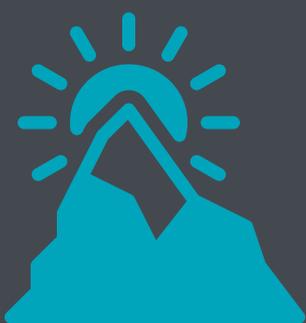
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CARRY-ON ESSENTIALS

Unexpected things may happen on any trip, and our goal is to be as prepared as possible in any situation. Below is a suggested list of items to pack in your carry-on.

- **Passport or Identification:** Please **bring at least one photocopy** of your passport's information page. In case of the loss of a passport, the passport owner can use this copy to get a new passport reissued relatively quickly.
- **Refillable Water Bottle**
- **Prescription Medications:** Please do not pack any prescription medications into your checked luggage. There have been instances where the airlines have lost luggage containing medications and were unable to deliver it for several days. **All prescriptions must be in it's original container, showing who it has been prescribed to.** We also highly recommend carrying a copy of your prescription with you in case it needs to be replaced.
- **Glasses:** We always suggest that anyone who wears glasses brings an **extra pair!** An eyeglass store is not always available, and it can be challenging to replace them while on trip.
- **Saline Solution/Eye drops:** Whether you wear contacts or not, the in-flight atmosphere can be extremely drying on the eyes. Keeping your eyes moist will help you have a comfortable flight.
- **Travel Blanket or Layers:** The in-flight temperature is kept at a minimum to help ensure the health of all passengers. Always bring layers or a travel blanket with you to help keep you warm during the flight.
- **Cameras, Electronics and other Valuables:** Always keep any valuables or electronics with you in your carry-on to ensure their safety. Money, jewelry and prescription drugs should be carried with you. Make sure you have at least a toothbrush and other essential toiletries in your carry-on bag.
- **Liquids & Gels:** Please check with your carrier to inquire about current standards and TSA regulations as to what you can bring aboard as well as size and weight limitations.
- **Staff Credit Card for emergency medical needs** (Note: Typical medical facilities will require payment at the time service is rendered and then the group should request reimbursement from your insurance company upon return)
- **Articles that cannot be transported as checked baggage:** The following items should not be packed in checked baggage. If a loss of these items should occur, the airlines will not be held liable and will only compensate lost baggage according to their lost baggage policies.
 - *Passport & Important Documents
 - *Currency
 - *Fragile & Perishable Articles
 - *Jewelry



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