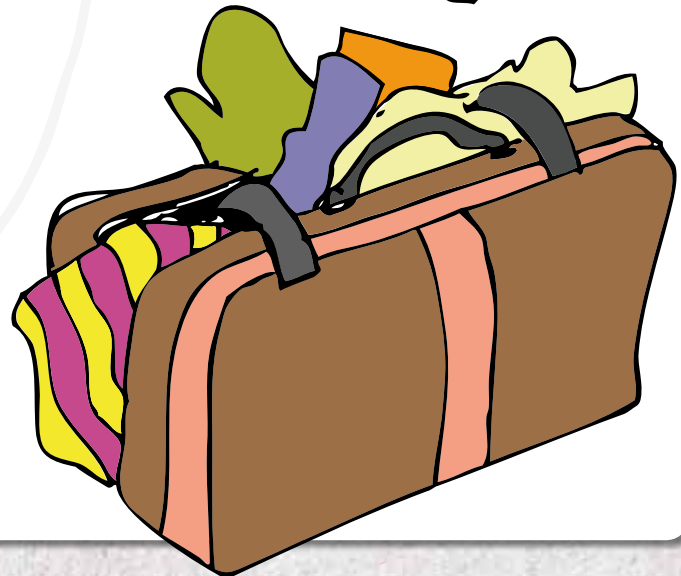


4-6 Weeks Prior to Trip

Pack Like a Pro

What you pack can make or break your trip. Too much stuff and you'll be lugging around a heavy suitcase. No comfy shoes? Blisters could be in your future. Follow the packing tips below and people might just think you're the pro!

- Know what you have to work with. Check airlines to find out about restrictions on luggage size, weight, and carry-on. If you're traveling between countries, investigate specific regulations for those countries.
- Go light and easy to wash. Choose an easy-care wardrobe that can be mixed and matched and adapted to unexpected occasions and unpredictable weather. Hand-washables and clothing that dries fast are good travelers. Layering is important, especially when traveling at different altitudes. Minimize bulky items, like shoes, coats, and sweaters.
- Pass on the bling. Keep expensive jewelry at home. Avoid appliances and electronics like hairdryers and laptops that can weigh down your bag and often require special power converters. Instead, use that space for an extra pair of contact lenses, sunglasses, socks, etc.
- Go label crazy. Label your luggage, clothing, and equipment inside and out with your name and address.
- Leave a little room. Where are you going to put all the funky things you bought? And don't forget SWAPS and souvenirs. Unless you're prepared to ship things home, leave some wiggle room in your bags.
- Bring special supplies with you. Get extra film and sanitary supplies because they may be expensive abroad. Travel can sometimes disrupt menstrual schedules.
- Keep the important stuff close to you. Place airline tickets, passport, cash, travelers checks, medicine, contact lenses, glasses, etc. in your handbag or money belt. Pack your carry-on luggage with one spare change of clothes just in case your checked luggage gets temporarily lost.
- Pull your own weight. Take a walk around the block with all your luggage. If you come back huffing and puffing, unpack things that might not be so vital. As a rule of thumb, you should be able to run for a train with all your things.
- Don't miss page 11 of The Girl Scout Travel Log for a packing list that you can make your own.



Progress

18-24 Months

12-16 Months

8-12 Months

3-8 Months

6-8 Weeks

4-6 Weeks

On Your Trip

Back at Home

What's Up With You?

Consider taking a journal with you and write daily entries.

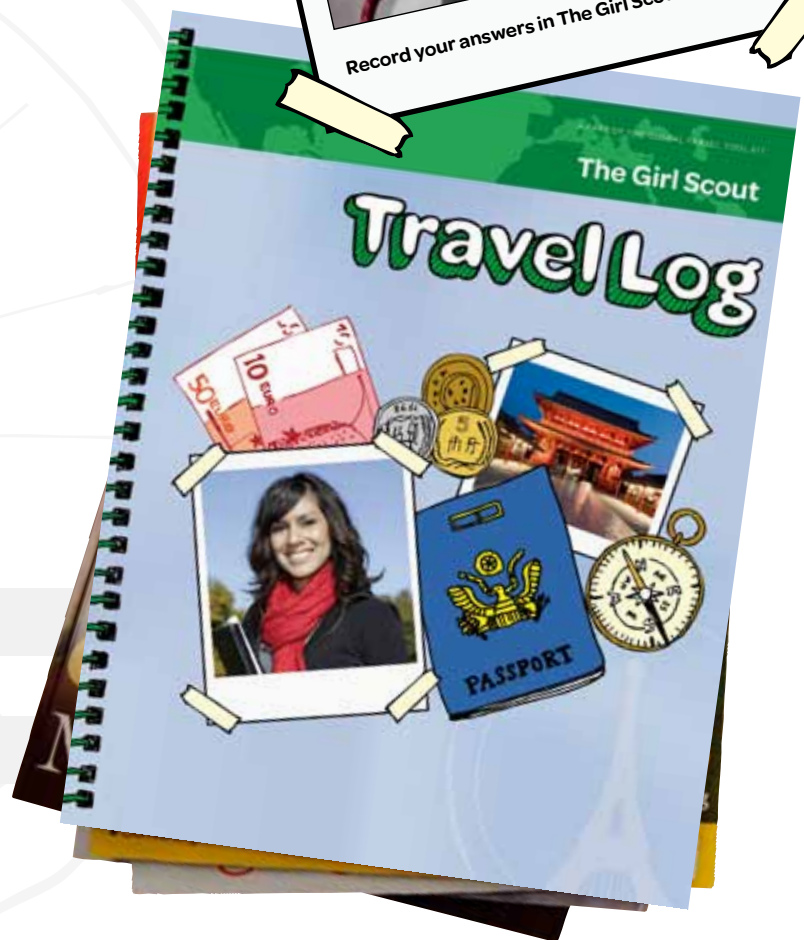
Muse about the landscape, how similar or different the country you are visiting is from home, or how the trip is changing your world view. Keep ticket stubs, postcards, and SWAPS and turn your journal into a scrapbook once you get home.

If only there was a journal that could fill these needs. Well, there is—*The Girl Scout Travel Log*! You know, that same journal you've been referred to through the whole trip prep phase. Use your journal to record daily experiences, not just for memory's sake, but as a way to reflect and become inspired to take action on something you care about.

Why not begin your first journal entry now? Think about how you're feeling at this very moment. Nervous? Excited? A mixture? Then when you return from your trip, look at your answers to see how much you've changed.

Use these prompts to help you write:

- What three things are you most excited about?
- What three things are you most worried about?
- What three things do you predict you'll miss the most about home?
- What three things do you think you'll miss the least about home?
- My greatest single challenge on this trip will be...
- How do you think your travel experience will change you?



Progress

- 18-24 Months
- 12-16 Months
- 8-12 Months
- 3-8 Months
- 6-8 Weeks
- 4-6 Weeks**
- On Your Trip
- Back at Home

checkpoint

4-6 Weeks

Wear comfortable shoes and don't bring so much on the plane!

— Morgan, 15

Pack sensibly and light and take it seriously but not so seriously that you're not enjoying the planning of your trip.

— Christina, 15

Bring lots of cameras and don't forget your SWAPS.

— Sydney, 15

- Leave copies of your travel documents and passport with your family.
- Give a photocopy of your passport to your group leader while on the trip, just in case.



Checklist

Before you move on to the next phase of planning your international trip, did you get:

- Airline tickets?
- Passport, visa, and other required travel documents?
- Lodging reservations?
- Medical and insurance information?
- Money?
- At least one comfort item from home (your fave slippers, a photo, etc.)?
- Your emergency phone card (the one you created in the safety section)?
- Your card with foreign language words and phrases?

Notes & Ideas

Progress

18-24
Months

12-16
Months

8-12
Months

3-8
Months

6-8
Weeks

4-6
Weeks

On Your
Trip

Back at
Home