

Packing Tips

- **Pack lightly!** – you will thank yourself as you lug your suitcase around the airport, on trains, busses, up staircases when your European hotel has no elevator.
- **Use ziploc bags or packing cubes** - These make it easy to stay organized.
- **Wash clothes in the bathroom sink** – While in most towns you can find a Laundromat, it is also convenient to wash out t-shirts or hiking pants in your hotel or barge bathroom. Ring them out, the roll them in a dry towel and press the water out of them. Hang to dry! Washing a few items on your trip will help keep your luggage light.
- **Spring walking** – this can be unpredictable. It is not a bad idea bring warm gloves, hat, and socks. Check the weather forecast.
- **Bring a hat** – Bring a lightweight cotton sun hat or cap to protect you from the sun. A bandana can shade your neck!
- **Comfortable daypack** - Bring a simple backpack to carry your water, snacks, and extra clothing for the day. A waist belt is great to take the pressure off your shoulders.
- **Layer!** - Even during the summer months or in a warm climate you may have some cool or wet days. Bring a lightweight base layer that will wick away moisture. Next wear a layer of insulation for cool weather conditions. Finally you need a windproof and waterproof shell to protect you from the elements.
- **Take a photo of your passport** – email it to yourself. If lost, you'll save time replacing it.

Suggested Packing List

WALKING GEAR

- 1-3 pairs of shorts
- 4-5 cotton or quick-dry shirts
- 1 pair of long comfortable pants
- 1-2 long-sleeved shirts or jerseys
- Sweatshirt or fleece pullover
- Waterproof jacket (a must!)
- Hiking boots
- Sunglasses (a must!)
- Baseball or sunhat
- Water bottle
- Waterproof pants (optional)
- Comfortable backpack

CLOTHES

- Regular shoes or sandals
- Socks
- Underwear
- Casual outfits for the evening
- Bathing suit (optional)

TOILETRY KIT

- Deodorant
- Toothpaste, toothbrush
- Comb, brush, shaver or razor
- Shampoo/conditioner

FIRST-AID KIT

- Sunscreen
- Band-Aids
- Aspirin or Ibuprofen
- Digestive aid
- Lip balm with sunscreen

MISCELLANEOUS

- Passport (*expiry date should be six months past your return travel date*)
- Earplugs
- Reading glasses & reading material
- Headphones
- Europlug adapter
- Printed final documents**
(Emailed about 30 days before departure)