



East Coast Trips

PACKING LIST & TIPS

What to Bring

- Seasonally appropriate clothing
- Undergarments/socks (extra socks are recommended!)
- Comfortable walking shoes
- Rain gear: waterproof jacket or poncho, and umbrella
- Sleepwear
- Toiletries
- Hat/Sunglasses
- Cell phone, charger (portable charger if you have one)
- Spending money for souvenirs/snacks
- Small backpack
- Reusable water bottle
- Pen or pencil
- A watch
- Insect repellent (wipes are recommended)
- Sunscreen
- Alcohol-based hand sanitizer
- Disinfectant wipes
- Masks
- Prescription medicine
- A copy of your insurance card

Helpful Packing Tips

- Pack layers as temperature can change from day to evening.
- Label all personal items.
- Don't overpack! You must be able to carry your own luggage. A suitcase and a backpack are sufficient.
- Many places have implemented 'clear bag' policies. Pack a clear bag if you have one.
- Pack snacks for your travel days and your hotel stay.
- Bring your Student ID if you have one. *Arlington National Cemetery requires students 16+ years old to show ID.

If Traveling by Airplane

- Be sure to follow the TSA restrictions on the amount of liquids or gels that can be packed in carry-on bags. You can bring a single 1-quart-sized zip-top clear plastic bag with 3.4-ounce bottles or less.
- Limit your luggage to one checked bag, no more than 50lbs to avoid additional baggage fees.
- Adults (18 years and older) must carry a photo ID (driver's license, ID card, passport, etc.) that matches the name on your ticket.
- Food service on planes and in airports may be limited, so be sure to bring snacks.
- Pack prescriptions and essential items in your carry-on and consider bringing extra with you in case of emergency.