



BLT Christmas Wish List

General Information

- Bring clothing that travels well (i.e., doesn't require ironing, doesn't look like it's been shoved in a suitcase for a month)
- **Observe BYU–Idaho dress and grooming standards**
- Clothing should be mix-and-match and multipurpose (i.e., appropriate for both church and everyday chillin')
- Clothing should permit layering, for example: 1) a short-sleeve shirt, then 2) a long-sleeve shirt (or vice versa), then 3) a sweater/sweatshirt, and 4) a jacket/windbreaker—although you won't likely have to wear 4 layers. Like so:



Shoes

- Bring shoes already broken-in, proven to be comfortable for long distances—consider walking in them five-ever
- Try to bring at least two pairs of shoes, preferably a light 3rd pair if feet get extra sore or blistered (*very likely*)
- Wear the bulkiest pair on the airplane to save space
- Athletic/walking shoes = perf (Crocs can break and pop)

Socks & Undies

- ☐ Undies
- ☐ Athletic & dress socks (nylon works well—doesn't rub; synthetic dries faster)

Pants (called “trousers” in the UK, btw)

- Characteristics: conservative/modest, light/quick-drying, functional/versatile, synthetic
- Jeggings/leggings discouraged (modesty), jeans discouraged (hard to dry)
- Belt(s) if/as needed

Shirts

- Characteristics: conservative/modest, light/quick-drying, functional/versatile, synthetic
- No tank- or tube-tops (fun fact: lexicographers now believe the phrase “modesty is hottest-y” originated in England when it was discovered as the title for an apocryphal Jane Austen novel!)
- T-shirts, polo shirts = perf; some long sleeves to avoid sunburn on hikes, river cruises, and open-bus tours

Outerwear & Sleepwear

- ☐ Sweater/sweatshirt or hoodie/fleece vest
- ☐ Waterproof windbreaker/jacket
- ☐ Sweats as PJs?, robes unnecessary

Churchwear (“Spirit-gear”)

- ☐ Skirt for women, khakis for men, dress(y) shirt for both
- ☐ Tie for men, scarf for women (the Brits and French *love* their scarves—it's one thing they agree on)
- ☐ Church shoes (versatile sandals OK)

Miscellaneous

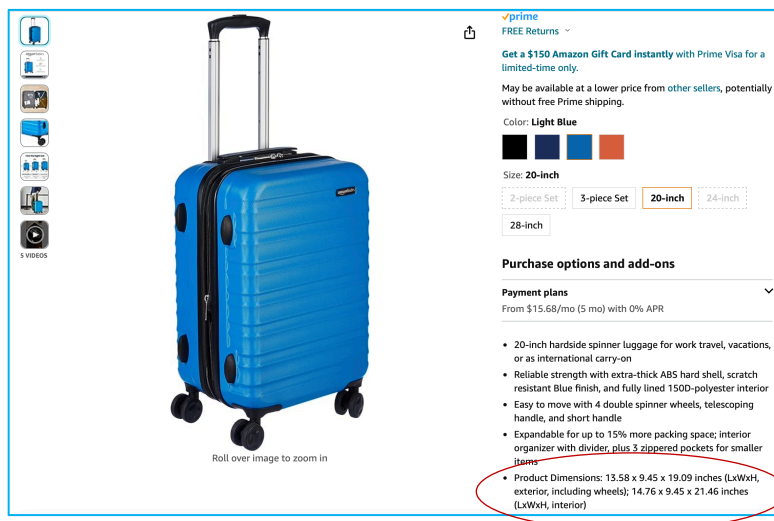
- ☐ Travel microfiber towel that won't take up space and will dry quickly
- ☐ Small umbrella
- ☐ Baseball cap, bucket hat, or knit cap
- ☐ Personal 1st-aid kit (w/ stuff to deal with blisters, like moleskin); directors will bring larger kit for the group

Laundry

- You can find laundromats in many of the towns and hotels we visit, but also bring clothes that you can wash in your hotel room sink/tub, and that will dry by the next morning
- ☐ Laundry soap (in single-use packets—or try the new “sheets”) + stain remover
- ☐ Light, expandable, mesh laundry bag

Bags

- ☐ Large, sturdy backpack for airline
- ☐ Lightweight bag/sack/pack for day-trippin'
- ☐ Carabiners to keep pouches closed
- ☐ Travel locks, preferably combination
- ☐ Extra collapsible/tote bag for shopping
- ☐ Luggage tags/AirTags® for both backpack and luggage; I.D. inside is also wise
- ☐ Rolling hard case w/ retractable handles and wheels highly recommended:



\$68 @ Amazon

Carry-on Requirements

- Because we're taking our luggage as carry-ons, we must follow TSA restrictions for liquids, creams, gels, etc.
- Each item must be in a container no more than 3.4 ounces (100 ml), and all such items must fit in one quart-sized, clear, resealable bag; TSA is strict and will confiscate anything non-conformist
- It's a good idea to bring several resealable bags in case one breaks or gets a leak

Hygiene

- We're not traveling to another planet: you can find toiletries and other items in the towns we visit; however, brands and formulae may differ
- ☐ Toothbrush & toothpaste, floss & mouthwash
- ☐ Shampoo & conditioner, soap/body-wash/cleanser + washcloth/luffa
- ☐ Brush & comb, hair styling products & accessories
- ☐ Deodorant (not perfume/cologne—wait to buy that in Paris, *si vous plait*)
- ☐ Sunscreen, moisturizer & lip balm
- ☐ Shaving cream & razor, nail clippers & file
- ☐ Make-up & remover, Q-tips + feminine hygiene products
- ☐ Hand wipes & sanitizer + tissues

Money & I.D.

- ☐ Wallet or small purse
- ☐ Cash (\$ USD, £ British pounds, € Euros) + credit/debit cards—photocopy
- ☐ Passport & driver's license—photocopy
- ☐ Medical insurance card & travel insurance card/info—photocopy
- ☐ Emergency contact info & directors' numbers—put in phone
- You're advised to bring a color copy of your passport and keep it in your luggage in case your phone and/or backpack is lost/stolen; this will make replacement much faster and easier
- May also want to email copies of the items above to parents or other family member to access



Paperwork

- ☐ Tour contact info and itinerary (in case we get separated)
- ☐ Travel guides/maps (if desired)
- ☐ Credit/debit card or bank contact info (kept in luggage in case of loss/theft)
- ☐ List of meds, both prescription and over-the-counter (in case of emergency)

Eyewear

- ☐ If you wear contacts or eyeglasses, bring a second pair if possible; if contacts, saline solution & case(s)
- ☐ Sunglasses (preferably cheap)

Meds

- Bring enough prescription meds to last the entire trip; you'll have difficulty refilling a prescription out of the country
- Bring any over-the-counter meds you anticipate needing: ibuprofen, acetaminophen, antacids, eye drops, etc.—may want to bring cold medication, too
- Bring a list of—or have on your phone—the names of the prescriptions you take, including both their pharmaceutical and generic names (in case we need to translate)
- For check-in, keep meds in your backpack; you can pull it out on the plane
- Leave meds in their original labeled containers to streamline customs processing; they can “inquire” about travelers’ meds
- If any meds contain narcotics or controlled substances, bring a note from your physician as legitimization
- Leave a copy of your medical and dental records with parents or other relative
- ☐ Vitamins “Eat your vitamin pills. Get some rest. It’s going to be exciting.” —President Nelson

Adapters/Converters/Transformers

- You'll need a converter to plug in your phone chargers and other electronics/appliances because the U.K. uses a higher voltage than the U.S. does—you can fry electronics just by plugging them in
- A *converter* or *transformer* adjusts the higher British/European voltage to the lower U.S. standard
- An *adapter* simply adapts your physical plug to the country's plug shape/size
- English and French outlets vary, both from the U.S. and each other
- A small travel surge protector adds some insurance and peace of mind, but is not absolutely necessary



