

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

- $\bullet \ Characteristics: conservative/modest, light/quick-drying, functional/versatile, synthetic\\$
- 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

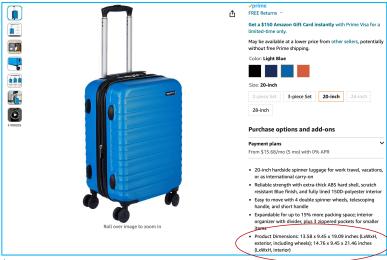
- ☐ Travel microfiber towel that won't take up space and will dry quickly
- ☐ Small umbrella
- ☐ Baseball cap, bucket hat, or knit cap
- ☐ Personal 1st-aid kit (w/ stuff to deal with blisters, like moleskin); directors will bring larger kit for the group

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
- $\hfill \square$ Luggage tags/AirTags $\hfill ^\circ$ 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
- $\hfill \square$ 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*)
- lacksquare 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





• Look at highly rated, reputable devices from Amazon.

Electronics

- Depending on your carrier and plan, you may need to make arrangements to have your cell phone converted/activated for international coverage—notify them a week or two before departure and follow their instructions
- Some places where we stay will have Wi-Fi, as will large, popular tourist sites, so you can use your phone's texting and email features without an international plan
- Assuming you use your phone as your camera, make sure you have memory space
- If you're taking a camera, bring extra batteries, memory cards, and charger (if needed)
- Bring a watch or alarm clock if you aren't using your cell phone as such
- ☐ Phone & charger, watch & charger



School & Spiritual/Missionary Supplies

- ☐ Books, syllabi, handouts or other required class materials (we'll try to be sensible about this)
- ☐ Pencils & pens, paper (for journaling/note-taking if not done electronically)
- ☐ BYU-Idaho ID card (for educational discounts)
- ☐ Scriptures (if not electronic), LDS Church pass-along cards, maybe a tiny Book of Mormon to give away?

On the Plane

- ☐ Earplugs, headphones, AirPods®; gum if your ears pop; eye mask
- ☐ Audiobook(s), pre-downloaded music/movies (Jane Austen, Shakespeare, Mr. Bean, etc.)
- ☐ Dramamine® can help for air- and bus-sickness
- ☐ Travel/neck pillows take up space; if you really need one, consider an inflatable
- Don't bring snacks or drinks: wait to buy them once we're beyond security, at the gate

Discouraged Items

- Large hairdryer, curling iron—maybe just cut your hair?
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- Iron (unless it's small and light)
- Bling—jewelry and flashy watches attract thieves!
- Nail polish & remover, face masks, sauna/spa treatment products
- Exercise equipment (we'll get you in shape, don't worry)

Forbidden Items

- Knifes, pepper spray, assault weapons (besides, Bro. Gorton can manhandle . . . er, "manage" most threats)
- Flammables or combustibles or illegal substances

Optional

 $oldsymbol{\square}$ Exercise clothing, swimsuit (probably unnecessary because our hotels won't be luxury), sewing kit

Final Thoughts

- Leave some room in your bag: you shouldn't depart with your bags stuffed to the limit; save space for souvenirs (such as an English butler/chauffer, personal French chef, or unmarried British royal)
- Tightly rolling clothing = more space. Think burrito. Though it may sound wasteful, consider "leave-behind" stuff.
- Pack as lightly as possible: you'll need to be able to carry everything yourself, sometimes for considerable distances. Directors are elderly, osteoporotic men with chronic back issues (probably), not human mules. Pack everything you think you'll need, then carry it around the block a few times. Seriously. May need to distribute weight between backpack and luggage.

Last Items to Bring with You

- ☐ Your testimony
- ☐ British/Scottish accent
- ☐ Excitement & cheeriness
- ☐ Patience & flexibility (emotional, not physical)
- ☐ Manners & courtesy (ambassadorial-/diplomatic-level)
- $\ \ \, \square \ \, \text{Common sense \& "street smarts" (pack extra!)}$
- ☐ Senses of humor, wonder & adventure
- 🗖 Gratitude for God's willingness to give airplanes, British literature, Scottish bagpipes, and French pastry to mankind



2024 tour motto: