

Packing List

CLOTHING

- 7-10 Shirts
- 3-4 Pants
- 7-10 Undergarments
- 1-2 Business Attire Outfits
- Sleepwear
- Light hooded rain jacket
- Jacket or Coat
- Business Attire Shoes
- Comfortable walking shoes

MISCELLANEOUS

- Passport
- Debit/Credit Card
- Small umbrella
- Plug Adapters
 (Type G for UK Type C for Europe)
- Powerbank
- Pen & Notebook / Journal
- Watch or alarm clock
- Travel Pillow / earplugs / sleep mask
- Camera or phone camera

TOILETRIES

- Kleenex travel packs
- Hand Sanitizer
- Disinfecting Wipes
- Prescriptions (if needed)
- Band-aids
- Blister cream Mole Skin
- Personal Hygiene items
- Laundry Bag
- Laundry detergent sheets
- Sunscreen

IMPORTANT NOTES

Be Secure!

Keep money and passport secure during the entire trip.

<u>Luggage</u>

Airline guidelines permit one checked bag under 50 lbs. (max 62 inches total) and one carry-on not exceeding 45 inches total.

<u>Clothing</u>

Your attire must adhere to CES Dress and Grooming Standards.

<u>Laundry</u>

Limited services available; consider doing small laundry in your hotel sink for lighter packing.

