



CAMP EXCHANGE USA

## PACKING TIPS FOR SUMMER

Pack light! You do not want to be weighed down in your travels, and you may be asked to move bunks over the summer!

- 3 pairs of shorts
- 2-3 pairs of jeans or pants
- Sufficient clothing for the first week before laundry day
- 6-8 t-shirts
- 1 set of smart but casual clothes in case you get invited out to social events
- 1 change of dress clothes (even if button down collar shirt and slacks/skirt)
- Rain jacket or poncho
- 1 pair sneakers/tennis shoes
- 1 pair sandals or flip flops
- Towel
- 1 pair hiking boots/shoes depending on camp activity
- Waterproof footwear for dewy grass or rainy days
- 6 pairs of socks (outdoor moisture wicking)
- 2 bathing suits (bikinis usually ok, one-piece required for teaching)
- 2 fleece or sweaters and sweatpants. Nights can sometimes be chilly, even in summer!
- 2 pairs of warm pajamas

## CARRY-ON RECOMMENDATIONS

- Your flight information including any transfers
- Certificate of Insurance (If you did not receive prior to travel, you will receive at the Meet & Greet).
- Traveler's checks or Debit card.
- 2 Photocopies of passport, J-1 visa, DS-2019.
- Driver's license or an international driving permit (if you have one).
- Another form of photo ID (sometimes you will be asked for two forms of ID).
- Enough medication or prescriptions for the duration of your program. You will need a note from a doctor if you are taking any prescribed drugs that you will need while in the U.S.
- All personal valuables such, phone, glasses and contact lenses, toothbrush.
- Change of clothing in case your luggage is lost –unfortunately this happens!
- Sunglasses.
- Wallet with \$20 U.S. dollars for early use.
- Laptop/notebook (optional).
- Your CIEE Camp Exchange USA handbook you received at orientation.
- Arrival information for CIEE Pickup.

All of your belongings should be able to fit into a large backpack plus a small daypack or carry-on bag. You will be able to buy toiletries, essentials like sunscreen and insect repellent at a nearby drugstore (chemist) as soon as you arrive, don't bother packing these in your luggage.



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## DON'T FORGET

In case your suitcase gets lost, it's important to pack the following items in your carry-on luggage.

- **Passport**
- **DS-2020 Form**

Without these documents, you will not be allowed to travel to the U.S.

If you are not traveling to Meet & Greet in Boston or New York City, you will need to keep the information on ground transportation to your camp pick up point handy!

## TIPS FOR YOUR FLIGHT

- Please do not leave your luggage unattended at any time during your trip. Do not accept an offer from a stranger to guard your bags for you.
- Charge the batteries for your electronics
- Bring your glasses, if you wear contacts
- Travel in comfortable, warm clothes
- Drink plenty of water during the flight
- Get up and move around occasionally during the flight
- Bring snacks, especially if you have food allergies or special meal requests

## WE'RE HERE TO HELP

If you have questions about what to bring, connect with your camp and fellow staff on social media sites and get camp-specific ideas from them directly.

From pictures of your family, stamps, or coins – share your culture. You are here for cultural exchange, so please we encourage you to share what makes your country and culture unique. You can do this by teaching songs or sharing rules for national games, or playing instruments from your home country. Remember that camps will provide the equipment you use for teaching purposes. If you're not sure if your camp provides your necessary equipment, it doesn't hurt to ask.

Now you're ready for what will be the best summer of your life! Have a great time and remember that CIEE will be there 24/7 to help if you need it.



[ciee.org/camp](http://ciee.org/camp)

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