



**FamilyTravelGear.com**  
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## **Students Traveling Abroad Check List**

Essentials for traveling teens on study abroad programs varies by individuals but we have included some of the basics that many students found useful while traveling on extended stay in foreign countries. Our list has been reviewed by tour group leaders, and Program Directors who specialize in student study abroad programs in Europe. Together, we came up with a good solid base list that would work well. We have included the following items, many of which are available for sale at Family Travel Gear. We realize that there are other great products out there that would also help assist teens who travel abroad so be sure to submit your comments and product ideas to us at [info@familytravelgear.com](mailto:info@familytravelgear.com).

### **Essentials:**

#### **Safety & Security/Wallets & Money Belts:**

- Safety Waist money belt, Leg Money Belt, Bra Pocket
- Guide Bag (great for touring)
- Document Organizer
- Boarding Pass Holder
- Map Organizer
- Day Pack Backpack

#### **Safety & Security/Hygiene**

- Motion sickness bands
- TT-Pack, because bathrooms abroad 'are not' always like bathrooms in the USA.
- YackPack

#### **Plane Travel:**

- Ear planes
- Boarding Pass holder
- Travel Fleece Blanket (for when it gets cold)
- TraybleCloth Airplane Table organizer

#### **Toys & Games:**

- Activity books, educational books/guides, journal, or note pads
- Travel Music, CD's, DVD player with movie selection (great for long trips)

#### **Travel Accessories:**

- Adapter/converter kit
- Extra food, healthy snacks and plenty of water
- Digital camera
- Sun screen, sun glasses, lip balm
- Backpack and a compact bag to hold souvenirs, shopping items, etc.
- First Aid Kit - Include pro-biotic and enzymes to help with digestion.
- Hat along with long sleeve shirt to help prevent sunburn
- Extra copy of your Passport (keep your passport safe)
- Extra clothing for cold weather
- Cell phone for emergencies