

## **What to bring and pack for Brazil**

This list should not be used as an end all but is good suggestions as to what to bring or not bring on your trip. Please keep in mind that airlines are now starting to charge hefty fees for extra bags so pack as light as possible. Share common items with your friends such as electronic adaptors and such. Best rule of thumb for packing overseas...go as light as possible! Remember that most will come back with more than you went with so either leave some room/weight in your bag to accommodate this without getting charged a fee from the airline, or take items with you that you can leave behind. Any excess fees that you incur due to baggage will be YOUR responsibility and not the IVA.

### **Toiletries**

- Toothpaste
- Toothbrush
- Contact lens equipment and spare glasses
  - You might also wish to consider extended-wear contact lenses
- Hair care equipment (brushes, comb)
- Soap (in a plastic bag), both for body and a small amount for laundry
- Shampoo
- Any prescription medicines. Make sure that you have enough to last the trip

### **Clothes**

Be prepared for it being colder than you expect. A polypropelene shirt is a wonderful thing to take traveling with you: it is light, very warm (even when wet), and dries quickly. (what will dry out overnight in Utah might take two days to dry out in Brazil). I would suggest bringing no more than 3-4 outfits. You do NOT need to bring your entire wardrobe and some will take clothes that they will be discarding anyway and leave them there, making more room for souvenirs returning home. Typically those that travel often will wear an outfit and wash it that night...while it is drying the next day, they wear a different outfit and do the same with that one.

- Flip flops (good for the beach)

- All volleyball gear (shoes, socks, ankle braces, uniforms, spandex, etc.) This should remain with you at all times in your carry on. DO NOT CHECK ANY VOLLEYBALL GEAR!!!!
- Walking shoes
- Hat
- 3-4 shirts
- 1-2 pair of light pants
- 1-2 pair of shorts
- 3-4 pair of socks

### **Luggage**

Your checked luggage should be something on wheels or a backpack style bag. A good rule of thumb is to pack your bag, walk around the block with it a couple of times and see how you feel. If it's hard, remove things or change the type of bag. See the section below on Airline luggage guidelines

### **Miscellaneous**

- Day Pack – you will be receiving a backpack as part of our equipment
- Water Bottle
- Sunglasses
- Neck Wallet or Money Belt (keep your money and valuables hidden away)
- Digital Camera (make sure your memory card is big enough)
- Spending Money – I do not suggest travelers checks. Credit Cards or ATM cards work well (like a visa) or cash. I would suggest \$150-\$200 would be more than enough.
- Copy of your passport – IVA will provide these. Place one in each of your bags
- Earplugs
- Important Phone numbers
- Watch
- Notebook and Pen (you will want to keep a journal of your activities). Trust me...if you keep a journal each night you will look back in several years as I have done and LOVE it...have your friends write in it too
- The fewer valuable items that you can leave home – DO IT. Do you really need an ipod?

### **The following is from the Delta Airlines website at:**

[http://www.delta.com/traveling\\_checkin/baggage/baggage\\_allowance/index.jsp](http://www.delta.com/traveling_checkin/baggage/baggage_allowance/index.jsp)

Please continue to check this website and dates of travel near for updated information

## Carry-on Baggage

You can carry on **one bag** plus **one personal item** per passenger as long as it:

- Weighs less than 40 pounds (18 kg).
- Does not exceed 45 inches when you total length plus width plus height.
- Fits easily in our SizeCheck® unit (approximately 22"x14"x9").
- Fits in an overhead bin or underneath the seat in front of you.

Here are some examples of personal items:

- Male or female purse
- Briefcase
- Laptop computer
- Camera case
- Diaper bag
- Items of a similar or smaller size to those listed above, such as **Portable Electronic Devices**.

These additional items are okay to carry on and do not count towards your allowance:

- Food items for immediate consumption
- Assistive devices such as wheelchairs or crutches, provided passenger is dependent on them
- One box or bag of duty free merchandise
- A coat or jacket
- An umbrella
- One item of reading material

There may be more limits to carry-on baggage based on available space and additional restrictions on certain flights.

## Checked Baggage

You can check **one bag** per passenger free of charge when traveling in the U. S., the U.S. Virgin Islands, and Puerto Rico. If traveling outside the U.S. you can check two bags free of charge.

Each bag must:

- Weigh 50 pounds (22.5 kg) or less.
- Not exceed 62 inches when you total length plus width plus height.

If you have a bag that exceeds these allowances, see **Excess Baggage**.

With the exception of original factory-sealed boxes that will be accepted on a standby basis, we do not accept boxes as checked baggage to Central or South America (except Brazil, Mexico, and Chile) at any time of the year.

Some packages, **sporting goods**, **musical instruments**, and **fragile or bulky items** may require special handling. For more information on special items, see **Special Baggage**.

### **TRAVEL TIPS from Delta Website at:**

[http://www.delta.com/traveling\\_checkin/travel\\_tips/baggage/index.jsp](http://www.delta.com/traveling_checkin/travel_tips/baggage/index.jsp)

No one wants lost or damaged luggage. Here are some tips to help you and your luggage have an effortless trip.

#### **Before Your Trip**

- Put your name and the phone number of your destination on the inside and outside of your bag.
- **Don't** wrap your gifts since all luggage is subject to inspection.
- Travel light when you can. Try bringing one carry-on bag that will fit underneath the seat in front of you.
- Don't overstuff your bag. That makes it more likely to get damaged.
- Make sure your bags don't have any straps or hooks sticking out that could get caught on something and damage your bag.
- Stay within the **Baggage Allowance**.
- Carry valuables, medication, and travel documents in your carry-on luggage.
- Pack anything that might leak inside an air-tight plastic bag.
- Know the rules for any of your stuff that might be considered **Dangerous Goods**. That includes what to do with those **spare batteries**.
- Know the requirements for the **Security Checkpoints** where you'll be traveling. There are still restrictions on **Liquids and Containers**.