



GETTING READY FOR SUMMER

PRE-TRIP MANUAL

Stand UP Thailand

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CONNECTING TWO SUMMER EXPERIENCES?

You will receive a separate guide
for each program along with details
on how the connection works.



PROGRAM CHECKLIST

We hope you will take the time to review this document in its entirety.

Please ensure that you have:

- Arranged travel to/from the departure airport or the pre-approved meeting point and submitted your travel plans to us at www.bbyopassport.org/login
- Added a supervised hotel stay-over for the outbound and/or inbound flights if necessary, when available, at www.bbyopassport.org/login (optional)
- Uploaded a passport copy at www.bbyopassport.org/login and ensured that it is valid for at least six months after our return date.
- Signed up friends and family to receive updates during your trip (parents will automatically receive the updates!) www.bbyopassport.org/updates
- Added a travel insurance policy at www.bbyopassport.org/insurance (optional)
- Arranged for a local SIM or phone at www.bbyopassport.org/phones (optional)
- Joined the program Facebook group – for teen participants only
- “Liked” BBYO Passport on Facebook – this is where we will post photo albums over the summer!
- Reviewed the Program Rules & Expectations together as a family
- Reviewed the packing advice in this document
- Made a plan for accessing spending money during the program
- Submitted all forms in your registration account at www.bbyopassport.org/login

GROUP ESSENTIALS

GROUP COMPOSITION

Each group forms its own traveling community and the size of each group varies by program date. We will release more details approximately 3-4 weeks prior to your departure date. In the meantime, we encourage you to sign-up for your program-specific Facebook group (teens only). It is a great way to connect with fellow travelers before the program and beyond. Please note that not all teens will join the Facebook group before the trip, so the Facebook group will not be a good representation of the number of teens on your program. Do not be afraid to start the conversation by introducing yourself to everyone!

Note on Connections

For those connecting two experiences, some teens may be leaving the group after the first experience and others may join the group for the connecting experience. Our staff is well trained to make sure this transition is as smooth as possible.

STAFF COMPOSITION

Each group is accompanied by a team of *madrichim* (counselors), a local tour leader, and a bus driver. Staff names are posted approximately 3-4 weeks prior to your departure, and you can expect a staff welcome call leading up to your departure.

PROGRAM ITINERARY

The projected itinerary is announced 3-4 weeks prior to departure. Please note that even the confirmed itinerary will be subject to change on the ground. We will do our best to notify parents and teens in advance if necessary.

ROOMING PLAN

Standard accommodations are based on 2-4 teens per room, with the same amount of sleeping accommodations. Every time we move to a new overnight location, we will rotate rooming assignments to provide a better opportunity for our teens to get to know one another and promote group bonding.

Teen Tip:

“Joining your program’s Facebook group is a great way to “meet” other teens before the program starts!”

KASHRUT & DIETARY NEEDS

All meals provided on the program will be vegetarian when dining as a group. On rare occasions when kosher facilities are available, we take full advantage. Most BBYO Passport experiences include “pizur” meals where teens have the opportunity to use a cash allowance to buy their own food. Kosher meals during pizur time is subject to what is available locally and to the teens’ personal choices. Teens with special dietary situations should make sure their medical dietary restrictions are reflected in their account information.

If possible, our group will make a stop at a grocery or convenience store. We recommend that teens pick up snacks and food for later on in the program. When traveling you may encounter new foods and not all will be to your liking, so we ask teens to be flexible and have snacks and alternatives on hand just in case.

SHABBAT PROGRAMMING

Shabbat is a special time and can be an amazing opportunity for rest and reflection. Friday nights and Saturdays will include prayer, informal discussions and various Shabbat programming. Where possible, we try to include visits to local synagogues to give teens a taste of how Judaism is observed locally. Often times our best or only option is a traditional Orthodox service. Even if this is not part of your tradition, it is an opportunity for a rich cultural experience and can be meaningful, too. When possible, we strive to provide a number of alternative options for celebrating Shabbat, and teens are encouraged to take a leadership role in how the experience is shared with the group.

As a program, we do not drive on Shabbat and we do not oblige or encourage teens to break the rules of Shabbat, which they observe. We do however require that teens carry items on Shabbat, such as water bottles. At the same time, what teens do during non-programmed time on Shabbat is their own personal decision. We only ask that everyone be mindful and considerate of each other’s practices.

PROGRAM RULES & EXPECTATIONS

BBYO is a teen leadership organization, and as such, we place great trust and responsibility on our teens. By agreeing to participate in the program, you are agreeing to abide by the terms of our Release Form (www.bbyopassport.org/release) and the BBYO Code of Conduct (www.bbyopassport.org/conduct). **We encourage you to review these conduct guidelines as a family before the start of the program:**

DISCIPLINARY APPROACH

For the sake of creating a safe and successful program experience, BBYO Passport has established a series of rules and disciplinary guidelines. Each disciplinary situation is evaluated individually, but as a general rule, infractions related to physical violence, drugs/controlled substances, alcohol, and leaving the group without authorization are grounds for removal from the program. A single infraction may result in immediate separation from the group. BBYO Passport staff reserves the right to make these decisions, and there may also be further consequences for BBYO members within their local regions after returning to North America.

In the event of program dismissal, the parents of the dismissed teen will be solely responsible for all associated fees, including the cost of special transportation to the airport, a flight chaperone if necessary, or an airline change fee. No portion of the program fee will be refunded, and any scholarship funds awarded will need to be reimbursed in full to BBYO or the issuing agency. Given the international nature of the program, the consequences of dismissal are extremely serious, very embarrassing, costly, and disruptive to the rest of the group.

Cause for Removal

It is our sincere hope that no one will need to be expelled from a BBYO Passport program, and accordingly, we encourage parents and teens to discuss this matter carefully together before the start of the program.

All behavioral matters will be dealt with on the program through a series of steps. These steps may include a staff-teen conversation, a formal warning, loss of free time or other privileges, program probation, and ultimately dismissal. Again, BBYO Passport staff reserves the sole right

to make decisions related to behavioral misconduct and disciplinary consequences. Any specific questions related to disciplinary rules and regulations should be directed to BBYO Passport's Executive Director, Aaron Robbin (info@bbyopassport.org).

Curfew & Rooming

To fully appreciate the program, a good night's sleep is essential. A curfew will be enforced at the discretion of program staff. Teens are expected to abide by these curfew rules. Hotel rooms are assigned on a single-gender basis. Teens are not allowed to be in any other room other than the one they are assigned to without permission from the staff at any time during the program.

Drugs & Alcohol

Possession, consumption, and/or the purchase of drugs and/or alcohol will not be tolerated on any BBYO Passport program and can result in immediate dismissal. Neither is sharing, selling or otherwise dispensing prescription medication. Moreover, it is the policy of BBYO Passport to allow the police and justice departments of the respective countries visited to prosecute when infractions have occurred without intervention by BBYO Passport.

BBYO Passport staff reserves the right to administer a breathalyzer test and/or search any teen's belongings or room at any time and for any reason during the course of the program.

Leaving the Program without Authorization

A part of our general approach to safety and security, teens on all BBYO Passport programs are **not allowed** to leave the supervision of the program at any time. There will be occasions for limited free time in specific areas that are deemed secure by program staff. However, the general rule is that there is no leaving the program at any time and for any reason whatsoever during the day or at night. Leaving the program without specific staff authorization is grounds for immediate dismissal.

Timeliness & Cooperation with Program Staff

Behind the scenes of each BBYO Passport program is a complicated logistical plan which requires us to keep to an exact schedule. Staying on schedule requires the cooperation of every teen. It means waking up in the morning on time, not wandering from the group, and respecting the overall schedule of the program. The consequence of being late is that elements of the program will be cancelled. We need every teen's cooperation to ensure that the program to be fully experienced.

Social Cohesion

We believe in the unique power of a group experience as opposed to a collection of individual experiences. As a member of a traveling community, each teen has a responsibility to treat his/her fellow teens with respect and decency. We aim to create an atmosphere where everyone on the program is made to feel welcomed and comfortable, and each teen plays a role in making this possible. These same principles apply to virtual and social platforms before, during and after the program.

Weapons

The purchase or possession of a weapon, or an item that may be construed as a weapon is not allowed during the program, and any such items will be confiscated.

Mobile Device Use

Cell phone use is a privilege, not a right. Use of communication devices during programmed time is not permitted. During other times, teens must exercise discretion when using the phones (i.e. respect sleeping roommates, etc.). If necessary, program staff reserves the right to suspend or even terminate a cell phone rental if these privileges are abused.

Respect for Property

It is expected that teens will behave responsibly and with respect regarding belongings and property throughout the program. Should property be damaged or defaced by a fellow teen, those responsible will be held accountable for payment of damages. Please note that there is also a fee at many hotels for lost room keys.

Tattooing & Piercing

Such activities during the program are forbidden and will result in disciplinary action or dismissal from the program. Tattooing and piercings can be unsafe in foreign countries, and any resulting medical complications would not be covered under the program's medical insurance policy. Teens will be required to remove any piercings that they acquire during the program.

Tobacco & Marijuana

Purchase or possession of tobacco and marijuana products are not allowed regardless of age – neither is purchase or possession of smoking paraphernalia. This policy includes, but is not limited to, electronic cigarettes and water pipes.

SAFETY & WELLBEING

SUN SAFETY

The sun in Thailand can be strong, especially along the coast. Dehydration, heatstroke and sunburn are serious concerns. These are some common-sense rules we employ whenever we go on hikes or whenever we will be outdoors for an extended period of time:

- Wear a hat
- No tank tops
- Use sunscreen
- Carry at least two liters of water

Teen Tip: Make sure you pack enough t-shirts; tank tops will NOT be allowed during the daytime. You will be asked to purchase more if you did not bring enough!

MEDICATION

Teens are responsible for carrying and self-administering their own medication. With the exception of over-the-counter treatments, our staff is not allowed to hold or administer prescribed medication, with the exception of an Epipen, and cannot be responsible for ensuring that prescribed medication is taken. If you have special requests (i.e. refrigeration requirements), please note them on your health forms. Teens are never allowed to share or dispense prescribed medication. Some medications must be taken at the same time every day. Please take into account the time difference and consult your doctor if necessary.

See our “packing for the trip” section for tips when travelling with medication.

VACCINES

Vaccine guidelines vary by country and are continually evolving. We recommend consulting with your physician as well as the latest Center for Disease Control guidelines at:

<http://wwwnc.cdc.gov/travel/destinations/list>.

BBYO Passport requires its teens to be up-to-date with most vaccines recommended by the American Academy of Pediatrics and the Center for Disease Control. Please review our policy at:

www.bbyopassport.org/immunizations

SECURITY PRECAUTIONS

As a program, we take a number of precautions to reduce security risks. We also ask our teens to follow the security-related guidance below:

Be aware of suspicious objects and be careful not to leave behind personal items that may be confused with a suspicious object.

Follow staff instructions. We travel with licensed guides who are trained in security procedures, and we depend on everyone following staff instructions.

Pick pocket alert. Pick pocketing is a relatively common occurrence in large metropolitan areas, and we recommend protecting your valuables at all times when we are in public.

Stay together as a group. This is a supervised program, and we depend on our teens to stay together as a group at all times.

Dress conservatively. In the interest of maximum cautiousness, we recommend not dressing in a recognizably Jewish way and generally choosing clothes that are culturally neutral.

Avoid mosquitoes. Mosquitoes are a common summertime annoyance that can spread a number of viruses. Be sure to pack mosquito repellent, and we recommend consulting the Center for Disease Control for additional tips at: <http://bit.ly/2tYCOFu>

EMERGENCY CONTACTS

Our emergency phone number is 1-202-643-2296 and is handled by one of our team members. A BBYO staff member in North America will be answering emergency calls 24-hours a day. Please only use the emergency phone number when there is an emergency as described below:

Emergency Situations

- Family health emergencies
- Urgent medical or safety situation

Non-Emergency Situations

- Concerns about fatigue or social adjustment
- Requests for flight extensions
- Requests to be featured in photos
- General security concerns (email updates will be sent in such scenarios)

Non-emergency issues should be communicated to the North American office, open 9:00am to 5:00pm EDT during the workweek. Simply call 202-537-8091 or email info@bbyopassport.org.

TRAVEL DOCUMENTS

PASSPORT VALIDITY

Please check today to make sure that you know where your passport is and that it is not expired or about to expire. Make sure your passport is valid for six months after our return date. If it is not, you may not be allowed to board your flight(s). Information about ordering or renewing a passport can be found at:

<http://travel.state.gov/passport/>

VISA RULES

If you are traveling on a USA or Canadian passport you do not need a visa to Thailand.

If you are traveling on a passport from another country, you may need a visa. Our office is able to provide an official ticket confirmation letter to assist with expedited visas or passport extensions.

- **Plan to carry a photocopy of your passport during the program.** Because we hold onto your passport for safekeeping on the road, we recommend bringing a passport copy in your wallet or backpack at all times as a back-up form of identification.
- **Check that the name you used to register matches your passport.** If you registered with a nickname, your ticket will be printed accordingly, and you may be denied boarding. Contact us to make any corrections ASAP.

TAKING FLIGHT

Details about the group flight and how to meet at the airport are announced by the end of April and posted to your registration account at www.bbyopassport.org/login. Contact us if you need assistance accessing the document.

AIRLINE MEALS SEATING & POINTS

- All airline meals are pre-reserved as kosher, when available. If you want a special meal (vegetarian, etc.) note this in your registration account. Special meal requests will not also be kosher.
- Seating is pre-assigned by the airline on our group flights, and special requests can be made at check-in but not ahead of time.
- If desired, teens are responsible for obtaining reward points via the airline using the ticket information obtained at check-in.

LUGGAGE RULES

Check with your specific airline for the most updated terms, however, the following are the basic luggage rules for transatlantic group flights:

- *Checked Luggage:* **One bag** of no more than 50 pounds and no more than 30 inches long
- *Carry-on Luggage:* One carry-on backpack
- When deciding what kind of luggage to bring, bear in mind you will need to load your luggage on/off the bus and to/from our accommodations. So, please try to keep it manageable, and be sure to bring luggage on wheels (we suggest a rolling duffel). Before packing, please review updated restrictions on the TSA website www.tsa.gov/travel/security-screening/whatcanibring

MEETING AT THE AIRPORT

Plan to meet the group in the check-in area of our departure terminal four hours in advance of the group flight. If you are taking a domestic flight to meet the group, please make sure it lands at least five hours before our departure. Starting at six hours prior to departure our team will be wearing staff t-shirts and will greet teens as they arrive to our meeting point. The BBYO Passport t-shirt that you will receive just before the program should be worn on departure day.

We recommend that teens arrive to the airport with their personal cell phone and a portable charger in case they need to contact a member of our team. Please be sure that your cell phone number is listed in your registration account.

When making your travel arrangements, we recommend that you consider ground travel to our departure airport as this greatly reduces the chances of flight delays that will cause you to miss our group flight. If you are traveling to the gateway airport on a connecting flight, we recommend arriving a day in advance of our international departure. An optional supervised airport hotel stay-over may be available for this purpose (see below). If you must arrive on the day of departure, please allow plenty of time to spare.

UNACCOMPANIED MINORS

Airline policies regarding unaccompanied minors vary widely, and if your teen is flying on an unaccompanied basis, we recommend taking the following steps (this will already be completed for the group flight):

- Research the unaccompanied minor policy for the airline of your choice
- Book your ticket
- Contact us 3-4 weeks before the trip for the name of the staff member who will meet your teen upon arrival – you will need this info to complete the airline’s unaccompanied minor registration.

SUPERVISED AIRPORT HOTEL STAY-OVERS

Optional supervised hotel stay-overs may be available on the night before your group’s departure, and the night of your group’s return, if requested in advance. The cost of the supervised hotel stay-over is \$200 per person and includes dinner and breakfast. Exact hotel

arrangements and meeting instructions will be available at a later date. During the hotel stay-over, teens are not permitted to leave the hotel for any reason without making prior arrangements with our staff.

Sign-up for the supervised hotel stay-over by emailing info@bbyopassport.org. Space is limited, and we may not be able to fulfill requests within a month of departure.

WHAT HAPPENS IF YOU ARE DELAYED

If you are delayed on departure day and will not meet the group on time, please send an email to info@bbyopassport.org. If possible, we will re-schedule you on the next available flight, however, please keep in mind that there is no guarantee that we will be able to

do so, and you will likely be traveling without staff. Additional fees may apply.

Parent Tip: The optional group travel insurance policy includes coverage for missed connections and travel delays. It is a great value, and I recommend that every parent purchase it for their child.

ARRIVAL PROCEDURES

Once we arrive, we will make our way together to the passport control area and reform as a group in baggage claim immediately after your passport has been stamped. Within the baggage claim area there will be time to use the restrooms, exchange money, or use an ATM to take out local currency. Do not wander beyond baggage claim without staff.

RETURNING HOME

We typically clear customs and baggage claim within 60-90 minutes of arrival. If scheduling a connecting flight home, allow for a window of at least three hours between flights within the same airport. Our staff will be on hand to escort teens through baggage claim and direct them to their connecting flights as requested, but our staff will not be available to escort teens to connecting flight terminals. While we will do our best to assist with any connecting flight delays, we cannot commit to having staff at the airport for more than three hours after the group's return.

STAYING CONNECTED

KEEPING FRIENDS & FAMILY UPDATED DURING THE PROGRAM

Parents of teens will automatically receive email notifications including updates from the road and a link to new pictures posted from the group. Additionally, friends and family will be able to sign-up to receive these same updates by filling out a short online form:

www.bbyopassport.org/updates

HOW AND WHEN TO CALL

Since cell phone usage is not permitted during programmed time, evenings on the program are generally a good time to call. Most of our accommodations do not have regular phone service in the rooms.

USING YOUR CELL PHONE

Prior to using your cell phone abroad, please contact your cell phone provider to understand the costs associated with international roaming. If you wish to rent a cell phone or SIM card (for unlocked phones only), please review the options below.

Cell Phone and SIM Card Rental Options

We have compiled a list of several cell phone and SIM card rental options. Please visit www.bbyopassport.org/phone for more details.

EMAIL & INTERNET ACCESS

Some of the accommodations that we stay at will have internet stations and/or Wi-Fi available which teens are welcome to use during free time, usually for an additional fee. The internet may not be available everywhere and the quality can be quite poor at times. We strongly suggest that you **do not** bring a laptop on the program or any other expensive communication devices as the risk of theft or damage is very high.

MONEY MATTERS

The group flight, accommodations, all meals, in-country transportation, basic health insurance, and all programming are covered by our fees. The only spending that is your responsibility will be snacks, bottled water, souvenirs, gifts, etc. We estimate \$100-\$150/week is sufficient.

HOW TO BRING MONEY ABROAD

There are a number of ways to bring money abroad. Please read this section carefully, and **keep in mind that BBYO Passport will be unable to facilitate money transfers to teens during the program**, so please plan accordingly.

Personal ATM / Credit Cards

If you choose to use your personal ATM card or credit card, we would ask that you be aware of the following:

- Because IDs are frequently checked when making credit/debit card purchases, we recommend only bringing a credit/debit card issued in the name of the teen.
- If your ATM card has a Visa, MasterCard, Star, Cirrus, or Maestro logo imprint, you should have no difficulty withdrawing money while abroad. Other ATM network cards may work, but we encourage you to check with your local bank prior to traveling.
- Some teens have experienced difficulty withdrawing money from savings accounts. We recommend that ATM cards be linked to checking accounts.
- Please do not send your child with prepaid gift/credit cards as they will likely not be accepted abroad.
- Most merchants abroad will only accept EMV-enabled cards (i.e. smart chip cards).
- AmEx and Discover cards are not widely accepted and are not recommended.
- Even if you plan to bring a debit/card as a primary source for purchases, we recommend traveling with at least \$100 in cash as a back-up as debit/credit may not be accepted at smaller stores or stalls.

- We will not have access to ATMs on a daily basis, so please plan accordingly.
- Inform your bank of your travel plans to avoid a security hold on your account.
- Check with your bank for exact fees charged when using ATM and credit cards internationally.

Parent Tip: Remind your child to keep their money and credit cards in separate, safe places. If for example, they lose their wallet containing all their cards and cash, BBYO will not be able to transfer spending money to them.

Cash Money

American and Canadian dollars are not accepted abroad, so if you plan to bring cash, we recommend exchanging it into the local currency ahead of the program or at the arrival airport. There will be very few other opportunities to exchange cash funds while on the road. Bringing some back-up cash is a good idea, but we do not recommend it as a primary method for making purchases while abroad.

LOCAL CURRENCY

Each **Thai Baht** is worth about \$.03 USD (\$1 USD ~ 34.70 Baht). You will find that goods in Thailand can cost 40% to 45% less than what they typically cost in North America.

The value of foreign currency is constantly changing, and it is a good idea to check just before your trip for the most up-to-date rate at a site like www.xe.com.



MEDICAL & TRAVEL INSURANCE

MEDICAL INSURANCE DURING THE PROGRAM

BBYO Passport program fees include basic medical insurance that covers treatment and medication; however, it will not cover any pre-existing medical conditions. This means that the policy covers treatment for issues like a stomach bug, a broken limb, or dehydration, without any out-of-pocket expenses or paperwork. The policy does not cover any medical conditions for which a teen is already being treated or for which treatment has been received in the past. This exclusion rule also applies to all psychological care. For this reason, teens are required to come on the program with their own medical insurance policy, which includes coverage for short-term travel abroad. In the event that a teen needs to be treated for a pre-existing condition during the program, the parents of the teen will be solely responsible for any associated costs.

TRAVEL INSURANCE

All teens are encouraged to sign-up for a travel insurance policy to protect their investment and plan for the unexpected. We have partnered with Travel Insured International to provide a discounted group travel insurance option. The cost of the travel insurance policy is based on the total cost of the program and other domestic travel expenses. Plan coverage information is available online at www.bbyopassport.org/insurance. Insurance can be purchased in your registration account at www.bbyopassport.org/login. Policies may be purchased up until the date you make full payment for the program.



PACKING ADVICE

PLANNING FOR THE WEATHER

Thailand is a tropical country, but the weather varies greatly depending on the region. In the highland areas, you can expect cooler weather in the 60's to 70's. Due to this fact, it is important to carry a windbreaker, long-sleeved shirt, or light sweater in your daypack. Along the lowland areas, the weather is in the 80's or even 90's during the day. July falls within the rainy season in Thailand. A combination of rainy and dry summer days can be expected.

Weather can vary, so please check the forecast prior to departure

PACKING TIPS

When deciding what kind of luggage to bring, bear in mind you will need to load your luggage on/off the bus and to/from our accommodations. So, please try to keep it manageable, and be sure to bring luggage on wheels (we suggest a rolling duffel). Before packing, please review updated restrictions on the TSA website www.tsa.gov/travel/security-screening/whatcanibring

- Bring only one piece of checked luggage and a light backpack for daily use.
- Bring at least one change of clothes, toiletries, and any prescription medicine in your carry-on bag in the unlikely event that your checked luggage gets delayed.
- You will receive two BBYO Passport luggage tags along with a program t-shirt in advance. Fill out the luggage tags and affix them to your carry-on and checked luggage for identification purposes.

Pack Appropriately for Religious Sites

We will be visiting religious sites where more modest clothing is more appropriate – no tank tops, short skirts, etc. Also, to create a more special Shabbat atmosphere, it is tradition to wear clothing on Friday nights and Saturday days that is nicer than what we wear the rest of the week. We

typically attend Shabbat services on Friday night in a local synagogue which is typically Orthodox. Plan to wear more modest/formal clothing. Jeans, t-shirts and shorter skirts are not appropriate.

Visiting a Buddhist temple in Thailand for the first time is an unforgettable experience. Keeping that in mind, we must respect the culture and dress modestly when visiting Buddhist temples. Both boys and girls should have their shoulders and knees covered when visiting Buddhist temples.

 **Staff Tip:** Ladies, bring a scarf or pashmina in your day bag to use to cover your shoulders if we come across a religious site on our tour. 

Footwear

Pack comfortable walking shoes! We do a lot of walking, and having comfortable shoes that can get wet and muddy will go a long way. Flip-flops are never a good idea when we are on the move.

SAMPLE PACKING LIST

Please use this packing list as a guideline only

What We Recommend

- 10-12 t-shirts
- 5 pairs of shorts
- 2 pairs of jeans or khakis
- 15 pairs of underwear & socks
- 1-2 long sleeve shirts
- 2-3 pajams
- 1 windbreaker or lightweight sweater
- 1-2 bathing suits
- 1 beach towel (Quick-dry towels recommended)
- 2 Shabbat/nicer outfits (Jeans, t-shirts and short skirts are not appropriate)
- 1 lightweight outfit that covers shoulders and knees for visiting Buddhist temples
- Sturdy sneakers/walking shoes (they will most likely get wet)
- 1 pair of water shoes (e.g. Aqua Socks, Texas, Chacos, Keens, etc.)
- 1-2 hats for protection from the sun
- Raincoat and/or Umbrella

Toiletries

- Toothbrush and toothpaste
- Soap, shampoo, razor, deodorant etc.
- Glasses, contact lens case, solution and spare contact lenses
- Sunscreen (SPF 15 or higher)

General

- Bug spray
- Sunglasses
- Light Backpack
- Portable Charger
- Copy of prescriptions in case medicine is lost
- Flashlight
- Water Bottle
- Medication (in your carry-on luggage)
- Various sized Ziploc bags for holding valuables on water hikes, wet clothing and dirty laundry.
- Voltage converter/adaptor (see next page)
- Toiletry bag
- Frisbees, cards, etc.
- Travel journal
- Small Woolite bottle/stain remover
- Various sized Ziploc bags for holding valuables on water hikes, dirty and wet clothing
- Pouch for passport copy, wallet, etc.

What We Do NOT Recommend

- Linens, pillows or sleeping bag
- Luggage that is not easily carried
- Expensive jewelry or other valuables
- Heavy backpack or hiking boots
- Laptops or expensive electronics

While BBYO staff may have over the counter medicine (I.e.: cough drops, Tylenol, Band-Aids etc.), it will be limited, and teens are expected to have their own supply on the program.

VALUABLES

Theft is not uncommon in any place where a large number of tourists congregate, and there have been instances in the past. Accordingly, we encourage you to leave items of value at home and to carefully keep track of anything valuable that you do bring on the program. As a general rule, hotel rooms should always remain locked. However, even a locked hotel room should not be considered a secure area unless a locked safe is available. If you bring a lock for your suitcase, locking it in the room is an option. If it is possible to bring a locking suitcase, we recommend it, although it is not a solution by itself. Teen property is the sole responsibility of the teen.

LAUNDRY

While laundry is not provided in Thailand, some hotels provide a laundry service, and teens may wish to take advantage of this service at their own expense.

NOTE: Bringing a large size Ziploc bag is a good solution for stowing dirty clothes in between laundry.

Teen Tip: If you bring a suitcase that locks, do not lock it for the flight unless it is a TSA friendly-lock!

SENDING PACKAGES

Please do NOT send packages to teens. Packages often get delayed by customs, and even if a package does get through, it may be difficult to get the package to our group. If you forget a necessary item, the staff will do their best to purchase or obtain the item in timely fashion.

MEDICATION AND CONTACT LENSES

If you are taking prescription medication, bring enough for the duration of the program as well as an extra written prescription record in case you misplace/lose your medicine. Take all medication on the plane with you in your carry-on luggage. Do NOT pack any medication with your checked baggage. The same applies to contact lenses. Please review TSA's restrictions on traveling with medication and liquids at:

<https://www.tsa.gov/travel/security-screening/liquids-rule>

MUSICAL INSTRUMENTS

If you are musically inclined and willing to bring your instrument, please feel free to do so. There will be plenty of occasions to showcase your skills. Please just remember that as with any other valuable item, bringing an instrument on the program is done at your own risk of loss or damage.

ELECTRICAL CURRENT

The electrical current in Thailand is 220 volts, which is twice the voltage used in North America. The electrical plugs fit plug type A (same as America) and plug type C (two rounded prongs that are separated slightly further apart than their two North American flattened counterparts).

Therefore, it is a good idea to bring a voltage converter if you are bringing electronic items (unless they have a built-in one) as well as an adapter for plugging in your items. If you are unsure of which plugs to purchase, check with your local electronics or travel store.

A travel adapter can be purchased online and should be no more than \$5.

