

## Suggested packing list for NR 195

### Biking Gear

- Bike helmet (if you want - they will come with the bikes)
- Biking shorts
- Gym shorts
- Long workout pants (comfortable for biking)
- Long sleeve shirt (non-cotton)
- Short sleeve shirt (non-cotton)
- Raincoat
- Rain pants
- Windbreaker
- Sunscreen
- Small day-use bag
- Water bottle(s)
- Biking gloves (optional)
- Waterproof bag for smartphone/wallet
- Wool socks
- Underwear/sport bras
- Biking shoes (either clipless AND bring your own pedals, OR sneakers or waterproof shoes)
- Sunglasses
- Glasses/contacts and solutions (if needed)
- Emergency TP

### Non-biking Gear/Clothes for after biking

- 2 pairs pants (jeans are aok)
- 2 short sleeved shirts
- 2 long sleeved shirts
- Fleece or wool jacket or sweater
- Underwear / bras
- Socks (preferably not cotton)
- Lightweight winter hat (if desired)
- Extra pair of shoes (e.g., sandals, sneakers, etc.)
- PJs

### Toiletries

- Towel (not provided by hostels)
- Flip flops for showering in hostels

- Prescription and other medicines (e.g., daily meds, Epi-pen, Imodium, cold meds, pain relief). Check with your travel doctor for recommendations. These **must** be transported in their original containers or you run the risk of having them confiscated.
- Lip balm
- Toothbrush, toothpaste, floss, etc.
- Comb
- Shampoo
- Soap
- Deodorant
- Razor
- Glasses/contacts/lens solution
- Nail clippers
- Sunscreen
- Chamois butter (for comfort on the bikes)
- Hand sanitizer
- Ear plugs (optional)

#### School Stuff

- International charger (“European plugs” will work, or Dutch plug, such as: <https://www.amazon.com/VCT-VP-109-Universal-Grounded-Netherlands/dp/B001ISR9B6> - Note this model will NOT work with hair dryers; check USA plug for voltage ratings to check if your adapter will work). The voltage is 230 in NL.
- Computer
- Textbook - available at UVM bookstore, Amazon, etc.

#### Other

- Passport** and copy of it
- International SOS card**
- Travel documents
- Health insurance card
- Contact card with the names, addresses, phone numbers, and e-mail addresses of: a family member or close contact in the United States and health care provider(s) at home
- Journal
- Pen
- Cell phone (set up/know your plan in advance!)
  - If you bring your phone, there are two apps we recommend downloading:
    1. What’s App, and 2) route.nl
- Debit card to get Euros out of the ATM machine - **Be sure to tell your bank where and when you are traveling in advance of traveling**

- Credit card - these must have a chip, and are not widely accepted. If accepted, you may need to know your pin code. Prepare to use a debit card to obtain Euros and use those to pay for food, etc.
- Travelers Cheques (not required, but not bad to have a few just in case)
- Euros (recommend using the ATM or the bank at the airport in Amsterdam to get these)
- Reusable grocery bag
- Pleasure reading book (optional)
- Swimsuit (optional - in case we want to jump in the sea!)
- Headlamp or flashlight (optional; for hostel late night reading)
- Extra batteries or charger for batteries
- Camera