

Rotary WeCARE Trip to Poland and Romania

October 14 - 26, 2024

Suggested Packing List

Weather Conditions

Poland and Romania have temperate northern climates that are very seasonal. Summers (June through July) can be very hot and winters (December through February) can drop below freezing and bring snow. In spring (March through May) and fall (September through November), the weather can be unpredictable. Usually between April and June and between September and October it is moderately warm, but it sometimes snows in April, and in October there may be days when you can wear short-sleeved clothes.

For these travel dates in October, temperatures are mild and rainfall is low and fall colors are on full display. The average October temperature range throughout both countries is between 42° and 64°F (6° and 18°C), comfortable temperatures for sightseeing in the towns and cities!

Luggage & Packing

We recommend packing any medications you take, a change of clothing, and any valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a TSA-approved lock when possible.

There will be one flight between Poland and Romania, on LOT Airlines. Baggage restrictions on LOT are similar to those on your flights to/from Europe. Carry-on luggage must be under 17 lbs (8 kg) and checked baggage under 50 lbs (23 kg). For reference, read more on their website [here](#).



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The Essentials

Documents:

- Passport (original and photocopy)
- International flight itinerary
- Medical insurance policy & emergency phone numbers
- List of medications and any existing health conditions
- Emergency contact sheet (provided by Elevate Destinations before the trip)

Travel Essentials:

- Credit cards and cash (see money section in Country Guides)
- Daypack
- Reusable water bottle
- Notebook & pens
- Book or e-reader

- Energy bars
- Glasses & sunglasses
- Travel pillow & earplugs
- Prescription medicines
- Laundry soap for handwashing (optional)
- Small travel umbrella

Electronics:

- Camera, extra batteries, and charger
- Chargers for all electronics
- Battery power bank
- Headphones or AirPods
- Plug adaptors (**C&F**) or a universal adapter for any electronics requiring three-pronged outlets

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Clothing

Traveling to Poland and Romania in autumn is ideal as it is not too hot nor too cold. During these 13 days, you will be doing lots of walking, some on uneven terrain and grass, and sightseeing by bus, so comfortable clothes and layers are recommended as well as an outer shell jacket and/or rain jacket. It is also recommended to wear business casual for meetings and consider bringing black or khaki slacks and a jacket/blazer.

Laundry service is available at all hotels for an additional cost, though please be mindful of how long laundry will take (usually 24 hours) and how many days you are spending at that hotel.

Here is a suggested clothing list:

- Trousers/ pants/ jeans
- Skirts or dresses
- Long-sleeved & short-sleeved shirts
- A few warmer layers, including a sweater for cooler days and evenings
- Outer shell or lightweight jacket
- Waterproof jacket/poncho
- A couple of versatile “nice yet casual” outfits for Rotary meetings. Jacket optional
- Comfortable, closed-toe, sturdy walking shoes
- Shawl or scarf
- Sun hat or cap
- Socks & undergarments (Some days you may want to bring extra dry socks with you)
- Sleep wear
- For the visit to Auschwitz, avoid wearing clothes with logos and wear extra layers as you will sometimes be outside

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Medical Kit & Toiletries

- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste
- Insect repellent (optional)
- Prescription medication with original labels
- Cipro or other antibiotic in case of stomach issues
- Sleeping medication if helpful
- Over the counter medication
- Allergy medication and epi-pen if needed
- Rehydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea medication
- Medication for indigestion: Pepto-Bismol, Tums, etc.
- Painkillers
- First aid kit - antiseptic cream, Band-Aids
- Pre-moistened antibacterial hand wipes
- Travel size soap and body or hand lotion
- Travel size shampoo and conditioner
- Hair brush, comb, hair ties or clips
- Eye drops
- Contact lenses & solution