



PACKING RECOMMENDATIONS

If you bring it, you carry it!

One day pack or small backpack

For everyday necessities such as a water bottle, medicines that need to be taken during the day, rain gear, snacks, camera and other such items that you would like access to during the day. Generally, you will repack this bag every day according to the day's itinerary and it will stay with you for the entirety of each day.

One large suitcase or duffel bag

This bag will contain all of your clothing and items that you do not need with you during the day. It will stay at your accommodations while you are out doing activities. You will have access to this bag in the mornings, during the evenings and whenever you are at your accommodations. You will be responsible for moving your own luggage, so keep this in mind when you are packing!

Getting it there and back

Pack all liquids/gels in your checked bag per TSA regulations. Prior to your departure, check with your airline for changes in regulations and baggage restrictions, including baggage fees.

PACKING LIST

The month of September is characterized by gradually rising daily high temperatures, with daily highs around 80°F throughout the month. Daily low temperatures are around 58°F.

The following packing list is a compilation of recommendations our staff and past student participants. We are not encouraging you to buy all new items for the sole purpose of your trip. However, if it is on this list, then it is something that we view as important to your comfort, safety and overall preparedness.

Essential Items:

- ☐ valid passport (must have at least two pages available for stamping.)
- ☐ photocopy of passport (to keep with you at all times if your teachers holds your passport)
- ☐ spending money / credit card / debit card
- ☐ small daypack/backpack (to be used as carry-on bag)
- ☐ prescription medications packed in carry-on bag, in original bottles with dosage and instruction on how to take them (includes inhalers, EpiPens, etc.)
- ☐ over-the-counter medications for allergies, headaches, small scrapes, etc. with their original dosage and instructions on how to take them
- ☐ toiletries (soap, shampoo, conditioner, toothpaste, toothbrush, deodorant, etc.)
- ☐ electrical outlet adapter

**Clothing:**

Consider your trip destination, the season, and weather projections as you review this list:

- ☐ Warm coat/jacket
- ☐ Winter hat, gloves, scarf
- ☐ Sun hat or baseball cap
- ☐ Sweaters, hoodies, fleece, etc.
- ☐ Long pants/jeans and shorts
- ☐ Long-sleeved and short-sleeved shirts
- ☐ At least one pair of underwear and socks for each travel day
- ☐ Pajamas
- ☐ Comfortable walking/hiking sneakers
- ☐ Slippers or flip-flops to wear inside the lodging
- ☐ A small umbrella, rain jacket, or poncho

Optional Items:

- ☐ sunglasses
- ☐ reusable water bottle
- ☐ antibacterial hand gel
- ☐ big zip-lock plastic bags to hold toiletries, wet clothes, and electronics
- ☐ money belt with neck or waist strap (for money & passport copy)
- ☐ watch
- ☐ dirty laundry bag

Do NOT Bring:

- ☐ flashy or expensive jewelry
- ☐ laptops and any other electronic devices that could be lost or damaged on this trip