

Packing Information

Family information: Make sure your family has a copy of the itinerary, the flight information, the hotel list, and your passport. Bring your address book, or the important addresses from it. You might even get the padres' calling card (or at least the number).

Spending money. \$300 average. Bring mostly travelers' checks. Cash or debit cards should be a back up. Perhaps 2 \$20 bills for when we cross borders and some for Mexico City airport. There are some ATMs. Refer to "Money Matters while Traveling" handout.

Things you'll spend money on: drinking water, phone cards, Internet time, postcards, souvenirs, stamps, gifts, free time activities, etc.

Packing Suggestions:

- Bring a large suitcase (29" X 20" X 10") and leave room OR use a small-medium suitcase and pack an extra bag for goodies.
- Pack lightly—space is limited. Your suitcase will only get heavier with gifts, souvenirs, and clothing (t-shirts, sweatshirts, etc.)
- Take only what you can carry. Many of our hotels will not have elevators.
- Plan for all climates by layering: shirt >> light sweater/fleece >> windbreaker/raincoat. Don't bring a bunch of heavy things.
- Avoid thick cottons (jeans, heavy socks). Go for light or synthetic fabrics that dry easily.
- Pack your suitcase a week before. Spend the last week figuring out what you can leave home.
- Think compact, multiple use, easy care. Layer for cooler climates

	<i>Elevation</i>	<i>Highs</i>	<i>Lows</i>	<i>Humidity</i>
Mexico City	7,500	75-80	50-60	Low
San Cristobal	6,900	65-70	50-55 (brr!)	Medium
Flores	500	90-100	70-80	High
Pacaya volcano	8,420	65-70	40-45 (with hail)	Medium

CHECKLIST

Academic/book stuff:

pens, pencils, paper
books/tour manual
syllabi
academic journal(s)
scriptures and hymn book (Spanish hymn book, too)

Documentation:

Student ID card
Passport (*on your body, not in your suitcase*)
extra copy of passport in your suitcase (not on your body)

Clothing:

Umbrella and light jacket or rain coat
light sweater, fleece jacket, or sweatshirt
3 short-sleeved shirts/blouses
1 long-sleeved shirt/blouse
1-2 pants
1-2 shorts (Knee length)
Dress-up (skirt/dress and slip or collared shirt and tie)
sleepwear
modest swimsuit
pack towel (Pack Towl) or hand towel
socks
undies
Comfortable shoes (walking shoes and dress shoes—You MUST have a pair of closed-toe shoes, like tennis shoes)

Health items:

Vitamins
cold medicine, vitamin C, and tissue
allergy medicine (can't buy Allegra or Claritin there)
anti-diarrheal (Immodium AD)
aspirin or other pain killers
prescription medicines (in their original containers)
band-aids
Moleskin (blisters)
Motion sickness pills—Dramamine. (boat and bus rides)
Ankle and knee braces (we hike!)

Travel-size Toiletries stored in leak-proof containers:

Glasses, contacts and solutions, etc.
Hair stuff—shampoo, conditioner, hair spray, gel, mousse, etc.
Bug spray
Unscented Deodorant (scents attract bugs)
Travel appliances: curling iron, hair dryer, shaver, etc.
Tooth brush, paste, floss (which is also handy for tying things)
Makeup
Soap and washcloth (some hotels won't provide them)
Sun screen (for everyone) and aloe vera (if you burn)
Razor and shave cream
chapstick/carmex
Comb/brush
Universal sink plug

Miscellaneous:

Personal journal (or pages)
Day bag (back pack, etc.)
Security pouch or belt to hold money—for under your clothes
Laundry detergent for washing clothes in hotel sinks.
chord and clothes pins for clothes line
Small flashlight and batteries (some places have no electricity)
Watch AND alarm clock
Extra batteries (camera, alarm clock, flashlight, etc.)
Camera and film (5-10 rolls).
Zip-lock bags (for liquids, wet clothes, treasures you want dry)
plastic bags for wet/dirty clothes
Sunglasses and/or hat (the sun shines a lot)
Extra bag for any stuff you'll buy (or pack half your suitcase)
Small sewing kit, safety pins, travel scissors, etc.
Moist hand wipes and/or anti-bacterial hand stuff
spending money/traveler's checks
addresses of family and friends
binoculars (required if you're in biology)
pocket knife (NOT IN YOUR CARRY-ON)
Gift for your host family
waterproof camera for snorkeling and cave (optional)
Goodies: Travel pillow, fan, candy, gum, pens, pencils, ear plugs,
family pictures, small blanket for the bus, stuff for little kids