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, credit or debit cards should be a back up. Perhaps 3 $20 bills for when we cross borders. There are ATMs in some, but not all cities. Refer to earlier 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

**Elevation** | **Highs** | **Lows** | **Humidity**
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Mexico City | 7,500 | 75-80 | 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 (Imodium 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
- 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.
- 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 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