



THE FIJI ISLANDS ✨ PACKING LIST

OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

Fellow Travelers: Please follow this list as closely as possible; it will ensure your comfort on the trip and allow us to travel efficiently as a group. Remember, this is not a trip of high fashion and multiple changes of clothes. We will spend some time getting dirty, and need to consider this when packing. **Once again, it is imperative that each person be able to carry his or her own luggage.** The airline limit is 50lbs, but we recommend you aim for 35-40 lbs maximum; remember, you'll want to save some space for souvenirs!

Remember to **TRAVEL LIGHT!**
We will do laundry about every seven days.

IDENTIFICATION AND MONEY:

❑ Please bring a **VALID PASSPORT** and **TWO PHOTOCOPIES** of the passport page where your picture appears. **(PLEASE DON'T FORGET THE PHOTOCOPIES, THEY ARE VERY IMPORTANT!)**

❑ At the suggestion of the U.S. State Department and all airlines, in addition to a **passport**, we are asking that all Global Works participants bring **a signed, notarized note from both legal parents or guardians giving permission for them to travel** as part of a Global Works trip. It is becoming a necessary standard for getting through customs and across borders. If you have booked your airline ticket thru Campbell Travel, you may have already received a form to complete via e-mail. If you booked on your own or have misplaced the form that Campbell Travel sent, we have enclosed another with this mailing. (You may also download one from our website.) **Once the form is completed and notarized, participants should keep it with their carry-on bag on opening day; the home office does NOT need a copy of the completed form.**

❑ **An additional form of photo identification** (other than your passport), if possible

❑ **Spending Money:** To satisfy the craven desire for junk food and souvenirs. Most students spend about \$150 to \$250 during the trip...but certainly, you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. Travelers' checks work just fine for much of the trip but we recommend that students bring half of their money in cash since some of the small communities cannot cash travelers checks. When bringing cash, we recommend that you bring small denominations.

❑ **A Money Belt** (or purse/pouch that crosses over your neck) to hold your passport, money, and traveler's checks

EQUIPMENT AND CLOTHING

A note regarding culturally appropriate dress while in Fiji: On Sundays, we will each (guys and girls both) wear a "sulu" (a traditional Fijian sarong type skirt) with a sleeved shirt (for girls) or a collared shirt (for boys). You will also be wearing a "sulu" almost everyday in Fiji, so consider what you may want to wear under this...i.e.: biker shorts/basketball shorts. Gals, if you choose to bring a sundress, it must have sleeves.

❑ **A Large Backpack or Rolling Duffel Bag are best for your gear, but a rolling suitcase is also okay. You should be able to carry ALL your gear, comfortably, without help, for a distance of at least a few blocks.** Please do not go out and buy an expensive hiking backpack. If you already have one, that's great, but a large duffel bag works just fine.

❑ **Daypack** (like a school backpack)--for use as an airline carry on and also to carry your lunch and raincoat with you to project sites or on hikes. (It is important to put your valuables in this for the flight.)

❑ **A light sleeping bag & compression stuff sack**

❑ **A pair of light hiking boots/trail shoes/cross-trainers for day hikes and project time.** (Please be sure they are broken in and comfortable --and you are willing to get them dirty!)

❑ **A pair of sandals** (such as Tevas) **& a pair of comfortable sneakers**

❑ **A lightweight, hooded raincoat** -- one that is suitable to wear hiking and working. (There are now less expensive alternatives to Gore-Tex~ options that work just as well.) Look for products that have ways to 'breathe' (such as vents, etc.) **Please don't forget this item!**



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EQUIPMENT AND CLOTHING (CONT.)

- One (1) warm pullover/jacket**-- a fleece jacket /fleece pullover/or wool sweater work fine. (These are quick drying and strong insulators)
- Five (5) t-shirts.** These will get dirty so bring darker colored T-shirts. Ladies, please note: Only bring one or two spaghetti-strap shirts, as they are considered culturally inappropriate in Fiji and you won't be wearing them much. (We will have several opportunities to do laundry during the trip, so you will not need to bring a mass quantity of t-shirts.)
- One long sleeve shirt**
- One (1) light weight, collared shirt or blouse**
- Three (3) pairs of long knee length shorts** (One for work, one to wear under your sulu, and for ladies, one to swim in while in the village.)
- One (1) pair of pajamas**
- Two (2) pairs of long pants** (Jeans are O.K. but some find khakis to be more comfortable while hiking and working) A quick-dry pair is also good for work days.
- Underwear**
- Eight (8) pairs of socks** (Include several pairs of wool socks for hiking & working on projects)
- Two medium sized bath towels**
- Two bathing suits**
- One pair of work gloves.** The best thing to do is to find a pair of leather/heavy canvas gloves (around \$12); they are a bit more expensive than light cotton gloves, but well worth it. Please initial or label your gloves.
- Bring one set of semi-nice/casual clothes** (You define) that may be worn when we go 'out on the town.'

BASIC MEDICAL SUPPLIES

We will have a first aid kit but there are a few things you should bring:

- Pepto Bismol
- Prescriptions of your own, if applicable (pack these in your carry-on bag)
- One bottle of insect repellent (Repellent should have no more than 35% DEET)
- Afterbite or other itch relief lotion for bug bites
- Band-Aids, Q-tips, Cortisone creams
- Foot powder and Mole skin for blisters
- Anti-bacterial gel that comes in a tube so you may wash your hands without water
- Sunscreen & UV protection sunglasses

A NOTE ON COMMUNICATION

There will be a few opportunities for participants to call home. **We suggest you bring a little extra money and buy your calling cards in Fiji** as we find we have much more success with calling cards purchased there.

Cell phones are not advised except for travel days in the U.S. Cell phones should **not** be used while in Fiji. **Also, your leaders will not be responsible for the care or loss of your cell phone.** Many students will bring a US calling card just for airport days if they are not traveling with a cell phone.



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MISCELLANEOUS ITEMS TO PACK:

- One liter (or approx.) water bottle.** Durable plastic works well. Be sure to bring this~ you will use it every day!
- A couple of small, inexpensive gifts for the friends you will make on the trip (ADULTS & CHILDREN).** Gifts may be given to a child, teen, or adult with whom you connect within the locations where we will be doing service projects. We recommend an interactive gift for children or teens, i.e. an activity that you can do with them like puzzles, card games (UNO, Crazy Eights, etc.), arts and crafts items, Frisbees, hackysacks, magazines or books. Adults always appreciate a specialty item from your hometown.
- One large, strong garbage bag plus a few smaller plastic bags for wet clothes**
- A laundry bag**
- Spare eyeglasses or contacts, if applicable**
- Toiletries in small sizes** (These goodies can be replenished very easily. Ladies, don't forget tampons /pads.)

OPTIONAL EQUIPMENT AND CLOTHING

- Art Materials**
(water paints, markers, beads, etc.)
- Power Bars/Harvest Bars**
- Travel games/ Cards**
- Reading Materials**
- An inflatable travel pillow for bus days**
- Pens/Pencils**
- Two CDs of your favorite mixed tunes for bus rides and dance exchanges.**
- Shower shoes/thongs**
- A sarong for beach days**
- PHOTOS OF HOME** to share with your new friends. Photos and postcards of your family and hometown are a great way to 'break the ice' (and they don't take up a lot of room in your pack or duffel!)
- A small notebook**
- Camera, film, and extra batteries**
(Insure if valuable)
- Flashlight or head lamp with extra batteries**
- Musical Instruments** **These are highly recommended if you like to play-- whether you bring a guitar, a violin, flute, recorder, or harmonica, or mouth harp.
- A bandanna** ~for a million various uses
- Baby wipes for a quick refreshing clean-up**
- You may want to consider bringing clothes or items that you could leave with the Fijians at the end of the trip; they need them. This was a suggestion from the kids on the trip last year.