



PUERTO RICO SESSION ONE PACKING LIST

OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

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

IDENTIFICATION AND MONEY:

Please bring a form of photo identification, if possible. A passport is not necessary, but it's helpful to have some government issued identification or student ID.

Spending money: To satisfy the craven desire for junk food and souvenirs. Most students bring between \$200 to \$300 on the trip...but certainly you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. Travelers checks and cash work fine, ATM debit cards are also a good choice.

A money belt (or purse/pouch that crosses over your neck) to hold your money and travelers checks

EQUIPMENT AND CLOTHING

A Large Duffel Bag for all your gear. You should be able to carry ALL your gear, comfortably, without help, for a distance of at least a few blocks. Rolling duffels are great.

A **daypack** (like a school backpack) for use as an airline carry-on and as a day hike bag. This item is important because it will afford you the convenience of keeping valuables close while flying.

Two single bed sheets and a blanket OR a light sleeping bag (participants seem to prefer sheets and a sleeping bag liner)

One Pillowcase (we will provide a pillow)

Two medium sized bath towels, one beach towel and a washcloth

A pair of cheap/old comfortable sneakers—these will be trashed while working/mixing cement.

A second pair of sneakers to wear when not working OR Trail Shoes OR Light Hiking Boots: for walking, sports, and some day hikes.

A pair of lightweight, waterproof sandals—Teva type sandals or their knockoffs are best

EQUIPMENT AND CLOTHING (CONT.)

Two pairs of work pants/pants you don't mind getting dirty

Two (2) pairs of long pants. One lightweight, quick drying pair for hiking and one warmer pair (jeans, courds, or khakis) for evenings. You will definitely **want/need** a quick drying pair of pants (not jeans) for our time in Carite.

A lightweight, waterproof raincoat that's suitable for hiking and working—this can double as a windbreaker.

Thin Pile or Light Fleece Jacket/Pullover

Two "nice, but not formal" outfits (you define) in case we have the opportunity to go out dancing or somewhere a bit less casual.

One pair of lightweight pajamas

Underwear

Eight (8) pairs of socks—**IMPORTANT: a couple pairs should be long cotton socks to use while working.** Long socks can be pulled up to protect your legs from cement splatter while working.

One or two bathing suits

Sun hat or baseball cap

One-liter water bottle - durable plastic works well

Two (2) long sleeve, lightweight shirts for sun coverage and evenings

Six (6) T-shirts—three shirts for work & three shirts to wear when you're all cleaned up. ☺ **Non-cotton shirts are cool and dry quickly.**

Five (5) pairs of shorts —two pairs of shorts for play (comfortable enough for hiking), and three for work

Ladies: A sports top/bra



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MISCELLANEOUS ITEMS TO PACK:

- Sunglasses & spare eyeglasses for contact wearers
- One flashlight or headlamp with extra batteries and bulbs
- Photos and postcards of your family and hometown to share with your new friends
- Spanish/English pocket dictionary
- Camera with case —(insure if valuable)
- One pair of work gloves — label them
- Toiletries and a few Zip-lock bags
(Ladies, don't forget tampons/pads)
- Bug repellent & an "After-bite" type product, just in case a nasty bug gets through all that protection
- Aloe Vera Gel
- Sunscreen (Bring a big bottle since you'll use it everyday. It should be at least SPF 30) or a sunblock lotion and lip protection.
- Prescriptions
- Small alarm clock or a watch with an alarm
- The Global Works Contact Card (you will receive this in our late May mailing). This card lists the Global Works Home Office phone numbers—keep this in your wallet or carry-on bag during travel days.
- A Calling Card

NOTE: Cell phones are not advised. However, if you choose to bring one, it should not be used outside of travel days. Your leaders will not be responsible for the care or loss of your cell phone.

OPTIONAL EQUIPMENT AND CLOTHING

- Radios are optional. Please be advised! Bring Discmans, iPods, etc. at your own risk! **Keep in mind that they may be lost, stolen, or broken and that your leaders will not allow them in public settings or when you are meeting as a group, etc. In other words, you may use them for travel days or when you are going to sleep. We find they isolate us from one another and our host culture.** Petty theft is worldwide. Global Works and Global Works leaders will not be held responsible for the loss, theft, or damage of personal property. Personal insurance should be purchased to protect valuable property.
- Inexpensive camera and film (Underwater camera?)
- Musical instrument
- Art materials (water paints, markers, beads, etc.)
- Travel games/cards
- Reading materials
- Snorkel (J type), a facemask that fits your face well (tempered glass if your want it to last longer) and fins that fit well. **None of these need be expensive. If you are looking for quality, put your investment into the mask, nothing is worse than a slow leak down at 25 feet.**
- Combo Lock--small locks you can put on bags while in storage
- A small notebook and a pen —We will provide a group journal
- One bandanna — for various uses
- Shower shoes/thongs
- Pens/pencils
- A sarong for beach days
- An inflatable pillow for travel days