



PUERTO RICO LANGUAGE IMMERSION PROGRAM

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 is 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 about \$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

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.

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 work 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 size 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.

EQUIPMENT AND CLOTHING (CONT.)

Two (2) pairs of work pants/pants you don't mind getting dirty (Jeans do not make good work pants in the Puerto Rico heat -pack lightweight pants.)

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, hooded raincoat that's suitable for hiking and working

Thin Pile or Light Fleece Jacket/Pullover

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

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

Ladies: A sports top/bra

Shower shoes/thongs



PUERTO RICO LANGUAGE IMMERSION PROGRAM

PACKING LIST OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

MISCELLANEOUS ITEMS TO PACK:

A couple of small, inexpensive gifts for your host family and the Puerto Rican friends you will make on the trip. Because you will not know the members of your family until a few days into the trip, a good idea is to bring one gift for your "mom", one for your "dad", and a collective gift for the children. Moms love to receive inexpensive kitchen or bath items and specialty items from your hometown; and popular gifts with dads are T-shirts, baseball caps, books, and music. We recommend an interactive gift for the children, i.e. an activity that you can do with them like puzzles, card games (UNO, Crazy Eights, etc.), arts and crafts, Frisbees, hackysacks, magazines or books.

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.

Sunglasses & Spare Eyeglasses for Contact Wearers

One flashlight or headlamp with extra batteries and bulbs

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 duffle!)

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/vitamins (keep in carry-on luggage)

MISCELLANEOUS ITEMS TO PACK (Con't):

Small alarm clock or a watch with an alarm

A Calling Card

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.**

A camera