

PACK LIST: FOUR CORNERS 2008

GLOBAL WORKS CUSTOM GROUP TRAVEL

Please refer to this handy packing list for your Global Works journey. Follow this list as closely as possible, as it will ensure your comfort on the trip and allow us to travel efficiently as a group.

***Please note: This Packing List is based on a 10-DAY PROGRAM. If your trip is shorter or longer than ten days, please adjust accordingly!**

A FEW PACKING TIPS TO GET YOU STARTED:

» **Travel lightly!:** Each participant must be able to carry his or her own luggage. We recommend you aim for 35-40 lbs. maximum.

» **Remember the goals of your trip:** Keep in mind that you will be participating in service projects, and that there is a high likelihood that you will get dirty (yay!). Please consider this when packing and bring at least one set of clothes that you do not mind leaving behind. Remember, this is not a trip of high fashion and multiple changes of clothes. We encourage you to try to live simply while on your trip!

» **Consider the weather and environment of Four Corners:** The weather in May and June in the Four Corners region is variable. It can be hot and dry during the day and cold at night. Temperatures may range from 30°F to 80°F. It has even been known to snow during these spring months! Take drastic weather changes into consideration while packing and bring lots of layers.

SPECIAL NOTES IN REGARD TO PACKING:

I. SPENDING MONEY: Most students spend between \$25 - \$100 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 (in small bills: ones, fives, tens), since some of the small communities cannot cash traveler's checks.

II. LAUNDRY: You can plan on having laundry done one or two times during the trip.

III. COMMUNICATION/PHONE CARDS: There will be opportunities to call home and a few opportunities to e-mail. We recommend that you bring a calling card. You can purchase these cards at most grocery stores. *Cell phones are not advised except for travel days in the airport.* Cell phone coverage is varied in the Four Corners region. Also, your leaders will not be responsible for the care or loss of your cell phone.

Please feel free to contact us at any time if you have questions about packing!

FOUR CORNERS '08 PACKING CHECKLIST

Global Works Custom Group Travel 2008

This Checklist is based on a 10-Day Global Works program. If your trip is shorter or longer, please adjust accordingly. Let us know if you have questions! ☺

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
IDENTIFICATION & MONEY		
Spending Money	\$25-\$100 (or less) recommended.	
Student ID	School ID or other photo ID is acceptable.	
Money Belt	A money pouch or purse is also acceptable. Use to hold money and other important items	
EQUIPMENT & GEAR		
Large Backpack, Rolling Duffel Bag, or Suitcase with Wheels	Be able to carry all gear comfortably and without help for at least 2 blocks.	
Daypack	Such as a school backpack. For us as airplane carry-on and as a day hike bag.	
Light sleeping bag	For your warmth and comfort. Some nights dip into the 40's.	
Stuff Sack/Compression Bag	To store your sleeping bag.	
Sleeping Pad	GW has extra sleeping pads. If you need to borrow one, please inform us ahead of time.	
Bath/Beach Towel	~	
Washcloth	~	
Lightweight-low hiking boots OR Cross Trainers	Must be broken-in. Used for excursions/hikes and for work projects. They are likely to get dirty during service projects.	
Comfortable sneakers	~	
Waterproof Sandals	Teva or Chaco (or their knockoffs) are best. For programs doing a rafting trip, you will need water shoes that have a strap (no flip-flops, please!). If you choose to bring flip-flops, they must be IN ADDITION to other, more sturdy water shoes.	
Sunglasses	~	
Spare eyeglasses for contact wearers	~	
Eyeglass strap for eyeglass wearers	For rafting trip and other adventure activities.	
Headlamp or Flashlight	This is an absolute necessity. We strongly recommend a headlamp over a flashlight, if possible.	
Extra batteries and bulbs	For headlight or flashlight.	
Water bottle	Should hold 1 quart/liter. Nalgene brand is ideal. No bike bottles, please.	
CLOTHING		
Raincoat	Hooded, lightweight, waterproof. For hiking and working, can double as a windbreaker. There are now less expensive alternatives to gore-tex that work just as well. Look for products that offer breathe-ability, such as through-vents, etc.	
Jacket/Pullover	We recommend thick pile or light fleece.	
Warm Hat	Fleece or wool are good options.	
Warm Gloves	As with the hat, fleece or wool are good options.	
Button-down shirt/blouse	~	
Long Sleeve Shirt (2)	One warmer, one lighter.	
T-shirts (6)	We recommend "quick-dry" t's. Designate at least 2-3 for work. Please include your Global Works t-shirt in this number! (you will receive it one month prior to your departure)	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
CLOTHING (CONTINUED)		
Shorts (5 pair)	One pair must be mid-thigh length or longer. Quick-drying and lightweight. At least one pair designated as work shorts.	
Long Pants (2 pair)	Designate one quick-dry, lightweight pair for hiking, and one work pair. To reduce bulk, consider "zip-pants" and combine one pair of shorts and one pair of pants.	
"Nice but not formal" Outfit (1-2)	You can define what this means. For opportunities to have a dinner or an activity in a less-casual atmosphere.	
Lightweight Pajamas	~	
Underwear	You determine how much you need.	
Socks (4-6 pair)	At least 2-3 pairs should be wool (or other suitable material) for hiking and working.	
Broad-brimmed sun hat	Baseball hats are often not adequate for the intense sun in Mexico!	
Bathing suit	~	
MISCELLANEOUS ITEMS		
Headlamp or flashlight	Listed twice because it is a great necessity!	
Leather or Canvas Work Gloves	Label with your name.	
Prescriptions/ Vitamins	Bring as necessary. Please include a note for your GW leader detailing dosage and timing of any medications or vitamins. Please keep in your carry-on bag for air travel.	
Toiletries	Bring in travel size, and store in zip-lock bags or other liquid proof compartment. Ladies, keep in mind menstrual necessities. Toiletries can be replaced as needed.	
Bug repellent	Non-aerosol.	
After-bite	Cortaid or other anti-itch product.	
Sunblock and lip protection	SPF 15 or higher. Store in zip-lock.	
Aloe vera gel	We'll do our best to avoid sunburn, but just in case! Store in zip-lock.	
Small notebook and pen	~	
Small alarm clock	Or watch with alarm clock function.	
Pocket English-Spanish Dictionary	~	
Global Works Contact Card	You will receive with your final mailing. This card contains Global Works home office phone numbers. Please keep this in your wallet or carry-on bag during travel days.	
OPTIONAL ITEMS		
Art Materials	Water paints, markers, beads, etc.	
Camera with case	Please insure if valuable. If using film, buy in U.S.	
Protein bars	Power bars, Luna bars, Cliff bars, Odwalla bars, etc. Recommended especially for vegetarians.	
Travel games/cards	~	
Reading materials	~	
Inflatable travel pillow	For air travel and bus days.	
Two CD's	To share your favorite music during bus rides and/or dance exchanges.	
Shower shoes/ flip-flops	~	