



MEXICO PACKING LIST OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

Fellow Travelers: Please refer to this packing list for your Central Mexico trip. Please follow this list as closely as possible; it is designed to 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. Weather in Mexico is typically hot during the day. Evenings are comfortable but with a breeze it can be cool. Consider this while packing. Try to pack quick-drying clothing. A light, waterproof raincoat is a good idea! We have tried to keep this list short and we will do laundry once or twice during the trip. Leave expensive electronics and other products at home. It's not worth risking losing or having something stolen. Please note that this list is for a seven to fourteen day trip. Remember, it is a guideline, however our suggestions have been formed after years of running programs in Mexico.

Remember to TRAVEL LIGHT!

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 necessary standard for getting through customs and across borders.
- ❑ **An additional form of photo identification** other than your passport, if possible.
- ❑ **Spending money** to satisfy the crave desire for junk food and souvenirs. Most students spend \$100-\$150 during the trip...but certainly, you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. Travelers' checks work 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.
- ❑ **A money belt** (or purse/ pouch that crosses over your neck) to hold your passport, money, and travelers checks.
- ❑ **The Global Works Contact Card (you will receive this in our final mailing, two weeks prior to the trip departure date).** This card lists the Global Works home office phone numbers- keep this in your wallet or carry-on bag.

EQUIPMENT AND CLOTHING

- ❑ **A Daypack/ School Backpack** to use as an airline carry-on and day-hike bag. This item is important because it will afford you the convenience of keeping valuables close while flying.
- ❑ **A Large Backpack or Rolling 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.** An internal frame backpack should have a capacity of approx. 4,500 cubic inches to carry all your things.
- ❑ **A small lock** for when we leave our duffel bags or backpacks in storage.
- ❑ **A Sleeping Sheet/ Sleep Sack** All of the places we stay will provide bedding, however we suggest that you bring a sleeping sheet for your own comfort. You can buy one on-line, or find them in an outdoor store. You also may create your own by folding a queen size flat sheet in half and sewing two sides.
- ❑ **A Stuff Sack** for your sleeping sheet/ sleep sack.
- ❑ **A rainproof backpack cover.** It will help keep your belongings dry!
- ❑ A pair of **comfortable sneakers or lightweight hiking boots.** Please be sure they are broken in and comfortable.
- ❑ Pair of lightweight, **waterproof sandals - Teva type sandals** or their knockoffs are best. Although it is fine to also bring flip-flops, **please** also bring a more substantial sandal for daily wear and for the beach.
- ❑ A lightweight, **waterproof raincoat** that's suitable for hiking and working.
- ❑ **Thin pile or Light Fleece Jacket/ Pullover or a sweatshirt.**
- ❑ **Two long sleeve shirts** (one warmer, one lighter).
- ❑ **Five T-shirts-** three shirts for work (these will get dirty!) and three shirts to wear when you're all cleaned up.
- ❑ **Three pairs of shorts.** The shorts should be quick drying and lightweight.

- ❑ **Two pairs of long pants.** One lightweight and quick drying for hiking, and one warmer pair (jeans, cords, or khakis) for evenings.
- ❑ **One “nice, but not formal” (you define) outfit** in case we have the opportunity to go out to a restaurant or somewhere a bit less casual.
- ❑ **One pair of lightweight pajamas (optional).**
- ❑ **Seven pairs of underwear.**
- ❑ **Eight pairs of socks.**
- ❑ **One medium sized towel, or a “swimmer’s towel”** (one that’s quick dry and compact), **and a washcloth.**
- ❑ **One bathing suit.**
- ❑ **Sun hat or baseball cap.**
- ❑ **One-liter water bottle-** Nalgene brand works well (please label with your name).
- ❑ **One bandana --** for various uses.
- ❑ **Work gloves** (please label with your name).

MISCELLANEOUS ITEMS TO PACK:

- ❑ **A couple of small, inexpensive gifts for the friends you will make on the trip.** Because you will not know the members of your family you arrive in-country, 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 items; and popular gifts with dads are T-shirts and baseball caps. 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 items, Frisbees, hackysacks, magazines or books. **Please do NOT bring expensive gifts like watches or hand held computer games, etc. This can produce jealousy between homestay families and create a difficult expectation for future groups.**
- ❑ **PHOTOS FROM HOME to share with your homestay family** Photos and postcards of your family and hometown are a great way to ‘break the ice’ the first evening (and they don’t take up a lot of room in your pack!)
- ❑ **NECESSARY: One flashlight or headlamp** with extra batteries and bulbs. You will be able to recharge any rechargeable batteries if you bring a charger, but bring an extra set of the batteries for the night hikes.
- ❑ **Games** or activities to pass the time or to relax at the end of the day.
- ❑ **Sunglasses and Spare Eyeglasses for Contact Wearers.**
- ❑ **Toiletries -- in small sizes.**
- ❑ **Prescriptions & Vitamins**
- ❑ **Sunblock and Lip Protection - SPF 15 or higher**
- ❑ **Bug Repellant**
- ❑ **Afterbite** or other **itch relief lotion** for mosquito bites (Cortaid works well.)
- ❑ **A Small notebook or journal and a pen**
- ❑ **Camera with case** - (insure if valuable.) **Buy most of your film in the U.S.**
- ❑ **Small Alarm Clock or Watch with alarm**
- ❑ **Special Note on Calling Cards:** It should be known that **not all calling cards** from the U.S. work well from Mexico. **Cell phones are not advised. However, if you choose to bring one, it should not be used outside of the international travel days. Also, your leaders will not be responsible for the care or loss of your cell phone.**
- ❑ **Spanish/ English pocket dictionary**
- ❑ **Camera:** Please be careful with expensive or bulky items that might get lost, stolen, or be difficult to carry.

OPTIONAL ITEMS TO BRING

- ❑ Musical Instrument
- ❑ Art materials (water paints, markers, beads for beading, etc.)
- ❑ Power Bars/Harvest Bars
- ❑ Travel games/ Cards
- ❑ Reading materials