

# ★PACK LIST: PUERTO RICO 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 activities, 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 Puerto Rico:** Puerto Rico is balmy year round, with daily highs averaging between 80-86°F. Rain is fairly regular throughout the year, with February and March being slightly drier than other months.

### **SPECIAL NOTES IN REGARD TO PACKING:**

**I. SPENDING MONEY:** Most students spend between \$100 - \$200 during the trip, but certainly you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. We recommend that you bring more than one form of money to Puerto Rico and that at least a portion is in cash. Debit cards with the VISA logo and student's name (please have a PIN number to use in ATM's!) is one form of obtaining spending money in Puerto Rico (there will be an ATM fee). Other forms are traveler's checks and cash. Please bring cash in small bills (ones, fives, tens).

**II. LAUNDRY:** You can plan on having laundry done 1-2 times during your trip.

**III. COMMUNICATION/PHONE CARDS:** There will be opportunities to call home and may be a few opportunities to e-mail. A calling card that works in the Continental U.S. should work in Puerto Rico, but please do check with the carrier before planning on using a specific calling card while on the trip. While cell phones will work in the San Juan area, and possibly in other locations, *cell phones are not advised except for travel days in the U.S.* This is for the purpose of maintaining group cohesion and focusing on the goals of our program. Your leaders are not able to 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!***

# PUERTO RICO '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!
<b>IDENTIFICATION &amp; MONEY</b>		
<b>Student ID</b>	School ID or other photo ID is acceptable.	
<b>Money Belt</b>	A money pouch or purse is also acceptable. Use to hold money, passport copy and other important items	
<b>Spending Money</b>	\$100-\$200 recommended. Bring at least 2 different forms of spending money.	
<b>EQUIPMENT &amp; GEAR</b>		
<b>Large Backpack, Rolling Duffel Bag, or Suitcase with Wheels</b>	Be able to carry all gear comfortably and without help for at least 2 blocks.	
<b>Daypack</b>	Such as a school backpack. For us as airplane carry-on and as a day hike bag.	
<b>Bath/Beach Towel</b>	~	
<b>Washcloth</b>	~	
<b>Lightweight-low hiking boots OR Cross Trainers</b>	Must be broken-in. Used for excursions/hikes and for work projects. They are likely to get dirty during service projects.	
<b>Comfortable sneakers</b>	~	
<b>Waterproof Sandals</b>	~	
<b>Sunglasses</b>	~	
<b>Spare eyeglasses for contact wearers</b>	~	
<b>Headlamp or Flashlight</b>	This is an absolute necessity. We strongly recommend a headlamp over a flashlight, if possible.	
<b>Extra batteries and bulbs</b>	For headlight or flashlight.	
<b>Water bottle</b>	Should hold 1 quart/liter. Nalgene brand is ideal. No bike bottles, please.	
<b>CLOTHING</b>		
<b>Raincoat</b>	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.	
<b>Jacket/Pullover</b>	We recommend thick pile or light fleece.	
<b>Long-sleeve shirts (2)</b>	One lighter, one warmer. Designate one as a work shirt that may be damaged.	
<b>T-shirts (5-6)</b>	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)	
<b>Shorts (3 pair)</b>	One pair must be mid-thigh length or longer. Quick-drying and lightweight. At least one pair designated as work shorts.	
<b>Long Pants (2-3 pair)</b>	Designate one quick-dry, lightweight pair for hiking, one warm pair for evenings (i.e. jeans, cords, or khaki's), and one work pair. To reduce bulk, consider "zip-pants" and combine one pair of shorts and one pair of pants.	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
<b>CLOTHING</b>		
<b>"Nice but not formal" Outfit (1-2)</b>	You can define what this means. For opportunities to have a dinner or an activity in a less-casual atmosphere.	
<b>Lightweight Pajamas</b>	~	
<b>Underwear</b>	You determine how much you need.	
<b>Socks (6-8 pair)</b>	At least 2-3 pairs should be wool (or other suitable synthetic material) for hiking and working.	
<b>Sun hat or baseball cap</b>	~	
<b>Bathing suit</b>	~	
<b>MISCELLANEOUS ITEMS</b>		
<b>Headlamp or flashlight</b>	Listed twice because it is a great necessity!	
<b>Photos and postcards from your home</b>	To share with host communities. Great way to "break the ice" with new friends and families.	
<b>Leather or Canvas Workgloves</b>	Label with your name.	
<b>Toiletries</b>	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.	
<b>Prescriptions/ Vitamins</b>	Bring as necessary. Please include a note for your GW leader in your carry-on detailing dosage and timing of any medications or vitamins. Please bring in your carry-on during air travel days.	
<b>Bug repellent</b>	Non-aerosol.	
<b>After-bite</b>	Cortaid or other anti-itch product.	
<b>Sunblock and lip protection</b>	SPF 15 or higher.	
<b>Small notebook and pen</b>	~	
<b>Small alarm clock</b>	Or watch with alarm clock function.	
<b>Pocket English-Spanish Dictionary</b>	~	
<b>OPTIONAL ITEMS</b>		
<b>Art Materials</b>	Water paints, markers, beads, etc.	
<b>Camera with case</b>	Please insure if valuable. If using film, buy in U.S.	
<b>Waterproof camera</b>	Disposable waterproof cameras can be purchased in the U.S. These are great if your group is going snorkeling and/or rafting!	
<b>Protein bars</b>	Power bars, Luna bars, Cliff bars, Odwalla bars, etc. Recommended especially for vegetarians.	
<b>Travel games/cards</b>	~	
<b>Reading materials</b>	~	
<b>Inflatable travel pillow</b>	For air travel and bus days.	
<b>Two CD's</b>	To share your favorite music during bus rides and/or dance exchanges.	
<b>Shower shoes/ flip-flops</b>	~	
<b>Sarong</b>	For beach days	
<b>Mask, Snorkel, Fins</b>	~	