



SPAIN PACKING LIST

OUR RECOMMENDED CHECKLIST OF WHAT TO BRING

Fellow Travelers: Refer to this packing list for your Spain 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 Spain can be hot during the day, but trips to the mountains mean cool evenings and changes in weather. Madrid is considered a relatively dry city, but rain is always possible. 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 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 Spain.

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/Suitcase 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.**
- ❑ **A small lock** for when we leave our duffel bags or backpacks in storage.
- ❑ A pair of **comfortable sneakers or lightweight hiking boots**. Please be sure they are broken in and comfortable.
- ❑ **WORK SHOES:** A pair of midweight boots are best. Be prepared to work in these, and have something else to wear after a work day.
- ❑ 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/swimming.
- ❑ A lightweight, **waterproof raincoat** that's suitable for hiking and working.
- ❑ **WORK CLOTHES:** Don't forget that we will be working on projects that WILL get you dirty. Be sure to have some work clothes that you are not afraid to throw out at the end of the trip.
- ❑ **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.
- ❑ **Three 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 Costa Rican 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 key chains 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 bag!)
- ❑ **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**
- ❑ **A Small notebook or journal and a pen**
- ❑ **Camera with case** - (insure if valuable.) **Buy most of your film in the U.S.** Please be careful with expensive or bulky items that might get lost, stolen, or be difficult to carry.
- ❑ **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 Spain. **Please research ahead of time options for calling cards that work well from Spain. 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**

OPTIONAL ITEMS TO BRING

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