

★PACK LIST: ARGENTINA 2010★

GLOBAL WORKS SUMMER SERVICE ADVENTURES 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.

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. Be sure you are able to carry your baggage for at least two city blocks. Don't forget to check with your airline carrier for baggage fees prior to departure.

» **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 (yeah!). 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 Argentina:** In June and July, Argentina is in its winter season and participants need to be prepared for a variety of weather conditions. Temperatures can range from the 30's at night to 60's and 70's in the daytime. Rain is a possibility and we may get some snow when we are in the Andes. Your Pack List will reflect this wide range of weather!

» **Online Store:** To help you with the purchasing of any items that you do not already have, we have an online Pack List Store provided by the friendly folks at [Gear Fetch](#). Your packing list is available on your login page via our website www.globalworkstravel.com, and you will find quality, competitively priced items that have been selected as the best equipment solutions for your specific destination and activities.

SPECIAL NOTES IN REGARD TO PACKING:

I. SPENDING MONEY: Most students spend between \$250-\$300 during the trip, but you can certainly do with less. Global Works pays for meals, admissions, lodging, laundry, etc. Debit/ATM cards with the VISA logo and student's name (please bring a PIN number!) is the recommended form of *obtaining* spending money in Argentina. Be sure to let your bank know that you will be using this card abroad. **Cash** is the other best option, but it must be brought in small bills (ones, fives, and tens). Traveler's checks are *not* recommended.

SEE BACK FOR MORE SPECIAL NOTES! →

II. LAUNDRY: We can plan on doing laundry 1-3 times during the homestay and one time as a group when we are not in the homestay community.

III. COMMUNICATION/PHONE CARDS: There will be opportunities to call home and a few opportunities to e-mail. Please DO NOT bring calling cards from the U.S. and expect to be able to use them in Argentina. Plan on purchasing phone cards in Argentina; we have found this to be the easiest, cheapest, and most effective way to handle phone communication! Your leader will help you to purchase the most effective phone card. *Cell phones are not advised except for travel days in the U.S.* Cell phones should not be used while in Argentina. Also, your leaders will not be responsible for the care or loss of your cell phone. Many students will bring a US calling card just for airport days.

IV. HOMESTAY GIFTS: 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 hostmom, one for your hostdad, and a collective gift for the children. Moms love to receive inexpensive kitchen or bath items, music, or picture books. Popular gifts with dads are team T-shirts, hats, music, personalized pens/pins/etc., novelty items (be creative!). We recommend an interactive gift for children, an activity that you can do with them like puzzles, card games (UNO, Crazy Eights, etc.), arts and crafts, Frisbees, hacky-sacks, soccer or footballs, magazines or books. Past participants also suggest bringing gifts that are unique to your hometown.

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

Argentina '10 PACKING CHECKLIST

Global Works Summer Services Adventures Travel 2010

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
IDENTIFICATION & MONEY		
Valid Passport	~	
Copies of Passport (3)	Copy page where photo appears. (bring one with you at all times, one to give to your leaders, and leave one at home with your parents).	
Permission to Travel Form	Signed and notarized. Necessary for getting through customs and across borders. Please keep this with your passport.	
Spending Money	\$250-\$300 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, passport copy and other important items.	
EQUIPMENT & GEAR		
Large Backpack, Duffel Bag	Be able to carry all gear comfortably and without help for at least 2 blocks.	
Medium Size (empty) duffel bag & small locks (2)	Used only for storage, does not need to be high quality. Please bring <i>empty</i> !	
Daypack	Such as a school backpack. For use as airplane carry-on and as a day hike bag.	
Large, Strong garbage bags(5) Gallon Size Ziplocks (4)	For storing gear and keeping things dry. We stow our gear on top of vehicles when in transit.	
Sleep Sheet or Sleep Sack	Bedding is provided at all locations where we stay. A light fleece blanket or sheet; OR a sleep sack (not a sleeping bag) is recommended for overnight bus rides, flights, and/or supplemental bedding. Check out or call Gear Fetch for options.	
Medium Size Towel	~	
Washcloth	~	
Lightweight-low hiking boots OR Cross Trainers	Must be broken-in. Used for excursions and for work projects. They are likely to get dirty during service projects.	
Sunglasses	~	
Spare eyeglasses for contact wearers	~	
Work Gloves	To prevent blisters during projects.	
Flashlight	~	
Extra batteries and bulbs	For headlight, flashlight, other electronics.	
Water bottle	Should hold 1 quart/liter. Nalgene brand is ideal. No bike bottles, please.	
CLOTHING (it is winter in ARG)		
Raincoat	Hooded, lightweight, waterproof. For excursions and working, can double as a windbreaker. *Important to have this item	
Jacket/Pullover	We recommend thick pile or light fleece	
Warm gloves & Hat	Fleece or wool.	
Long-sleeve shirt (4)	Three lighter, one warmer. Designate two as work shirts that may be damaged.	
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.	
"Nice but not formal" Outfit (2-3)	You can define what this means. For opportunities to have a dinner or an activity in a less-casual atmosphere.	
Shorts (2 pair)	One pair must be mid-thigh length or longer. Quick-drying and lightweight. At least one pair designated as work shorts.	
Long Pants (4-5 pair)	Designate one quick-dry, lightweight pair for hiking, one	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
	warm pair for evenings (jeans, cords, or khaki's), and one work pair.	
Lightweight Pajamas	~	
Underwear	You determine how much you need.	
Socks (8 pair)	At least 2-3 pairs should be wool (or other suitable synthetic material) for hiking and working.	
Sun hat or baseball cap	~	
Bathing Suit	~	
SKI/SNOWBOARD EQUIPMENT		
<i>You may bring your own equipment (we will have storage in Buenos Aires so you do not have to carry it throughout the trip)</i>		
OR		
<i>Rent equipment in Argentina. Please note COSTS for rentals.</i>		
Skis/poles OR Snowboard and Boots	Basic Rental: includes boots and poles which we cover cost) – this does not cover a demo equipment	
Winter Hat and Gloves	Rental: Gloves \$5/day	
Goggles	Rental: \$6/day	
Helmet	Rental: \$6/day	
Ski Pants and Jacket	This jacket is ideally the one that you wear throughout the trip. Rentals: Ski pants \$6/day; Jacket \$10/day	
MISCELLANEOUS ITEMS		
Homestay Gifts (if applicable)	Small, inexpensive gifts for homestay families and new friends. (See GW recommendations above).	
Photos, children's book, and postcards from your home	To share with host communities. Great way to "break the ice" with new friends and families.	
Toiletries	Bring in <u>travel sizes</u> , and store in zip-lock bags or other liquid proof compartment. Ladies, keep in mind menstrual necessities. Toiletries can be replaced as needed.	
Prescriptions/ Vitamins	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.	
Sun block and lip protection	SPF 30 or higher.	
Small notebook and pen	~	
Small alarm clock	Or watch with alarm clock function. You are responsible for getting yourself up on time in your homestays and hotels .	
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.	
Light shoes/flip-flops	Light, comfortable footwear for showering or wearing around the lodge.	
Two CD's/ipod	To share your favorite music during bus rides and/or dance exchanges.	
Need to purchase a few items? Visit our online Pack List Store, available via your login page on our website www.globalworkstravel.com. You will find quality, competitively priced items that have been selected by our friends at Gear Fetch as the best equipment solutions for your Global Works program!		