

☆PACK LIST: FIJI 2010☆

GLOBAL WORKS SUMMER SERVICE ADVENTURES TRAVEL

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 (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 Fiji:** The Fiji Islands enjoy a typical tropical climate, with temperatures usually in the 80's. Trade winds do cool the islands in the evening and you may have some rain.

» **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 \$150 - \$250 during the trip, but certainly you can do with less. Global Works pays for meals, admissions, lodging, laundry, etc. **Traveler's checks** work just fine for most of the trip. We also recommend that students bring half of their money in **cash**, since some of the small communities can not change traveler's checks. When bringing cash, we recommend that you bring small denominations (ones, fives, tens).

II. LAUNDRY: You we do laundry about one time a week.

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 Fiji. Plan on purchasing phone cards in Australia/New Zealand; 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 and have them available for arrival phone calls home. *Cell phones are not advised except for travel days in the U.S.* Cell phones should not be used while in Fiji. Also, your leaders will not be responsible for the care or loss of your cell phone.

More Notes on Back! →

IV. HOMESTAY GIFTS (if your group is doing a homestay): 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 “mom,” one for your “dad,” and a collective gift for the children. Students on past New Zealand/Fiji Global Works programs have emphasized that these gifts are extremely important. You will receive very nice homemade, traditional gifts from your host family in Fiji. Because of this, and because you will most likely become very close with them, you will want to reciprocate the generosity (especially the host moms!) and express your gratitude. Popular gifts have included: clothing labeled with the name of your hometown, inexpensive kitchen items, books for all ages, Hawaiian shirts for dads (size L or XL), and nail polish or inexpensive jewelry for moms. Interactive games for children are also great: puzzles, card games (UNO, Crazy Eights, Etc), arts and crafts, Frisbees, hacky-sacks, jump ropes, markers, paper, and other school supplies. In addition, you may consider leaving some of your clothes or other belongings with your new Fijian friends. They will love to have some personal reminders of you and it will leave extra space for your gifts and souvenirs!

Finally, a note regarding culturally appropriate dress while in Fiji: On Sundays, we will all-guys and girls- wear a *sulu*, which is a traditional Fijian sarong-type skirt, with a sleeved shirt (for girls) or a collared shirt (for boys). You will also be wearing a *sulu* many other days in Fiji, so consider what you may want to wear under this. Most students like to wear something like basketball shorts, or athletic shorts. In addition, spaghetti-strap shirts are considered culturally inappropriate in Fiji for females. Your shirts and sundresses must have sleeves!

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

FIJI '10 PACKING CHECKLIST

Global Works Summer Service Adventures 2010

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
IDENTIFICATION & MONEY		
Valid Passport	~	
Copies of Passport (2)	Copy page where photo appears. (one copy to bring with you and the other to keep in a safe place at home).	
Permission to Travel Form	Signed and notarized. Necessary for getting through customs and across borders.	
Spending Money	\$100-\$200 recommended. Bring at least 2 different forms of spending money.	
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, or Suitcase	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	Pack in Stuff Sack or Compression Bag. Bedding is NOT provided at the hostel where our group stays so this is a necessity. A light sleeping bag of 25-40 degrees is sufficient. Check out Gear Fetch for options!	
Bath/Beach Towel (2)	~	
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 Chacos (or their knockoffs) are best. A shoe designed for water sports will offer more protection and more uses. If you choose to bring flip-flops, they must be IN ADDITION to other, more sturdy water shoes.	
Sunglasses	~	
Spare eyeglasses for contact wearers	~	
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 (1)	We recommend thick pile or light fleece.	
Long-sleeve shirts (1)	One lighter, one warmer. Designate one as a work shirt that may be damaged.	
T-shirts (6-8)	We recommend "quick-dry" t's. Designate at least 3-4 for work. Please include your Global Works t-shirt in this number! (you will receive it one month prior to your departure) SPECIAL NOTE FOR GIRLS: Please DO NOT bring spaghetti-strap shirts or tank tops. They are considered culturally inappropriate in Fiji. All tops must cover shoulders.	
Light weight button down shirt or blouse (1)	~	
Shorts (3 pair)	One pair must be mid-thigh length or longer. Quick-drying and	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
	lightweight. At least one pair designated as work shorts.	
Long Pants (2 pair)	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.	
"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 (8 pair)	At least 3-4 pairs should be wool (or other suitable synthetic material) for hiking and working.	
Sun hat or baseball cap	~	
Bathing suit (2)	~	
MISCELLANEOUS ITEMS		
Homestay Gifts (if applicable)	Small, inexpensive gifts for homestay families and new friends.	
Headlamp or flashlight	Listed twice because it is a great necessity!	
Photos and postcards from your home	To share with host communities. Great way to "break the ice" with new friends and families.	
Leather or Canvas Work Gloves	Label with your name.	
Laundry Bag	~	
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.	
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.	
Bug repellent	Non-aerosol.	
After-bite	Cortaid or other anti-itch product.	
Anti Bacterial Gel	~	
Sunblock and lip protection	SPF 30 or higher.	
Small notebook and pen	~	
Small alarm clock	Or watch with alarm clock function.	
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.	
Waterproof camera	Disposable waterproof cameras can be purchased in the U.S. These are great if your group is going snorkeling and/or rafting!	
Protein bars	Power bars, Luna bars, Cliff bars, Odwalla bars, etc. Recommended especially for vegetarians.	
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.	
Light shoes/flip-flops	Light, comfortable footwear for showering or wearing around the lodge.	
Sarong	For Beach Days	
<p>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!</p>		