

# **\*PACK LIST: NEW ZEALAND & 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 New Zealand and Fiji:** You will be traveling during New Zealand's winter months; however this does not necessarily mean freezing cold temps! Plan on temperatures of 50-60's during the days and 40's at night. New Zealand will also have some rain and you should have plenty of sunshine! 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. Your Pack List will reflect the range of climates that you will be visiting!

» **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.

***Please see other side for SPECIAL NOTES IN REGARD TO PACKING! →***

## **SPECIAL NOTES IN REGARD TO PACKING for NEW ZEALAND & FIJI:**

**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:** We will do laundry about every seven days.

**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 New Zealand and Fiji. Plan on purchasing phone cards in NZ/Fiji; 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 New Zealand/Fiji. Also, your leaders will not be responsible for the care or loss of your cell phone.

**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!***

# NEW ZEALAND & FIJI '10 PACKING CHECKLIST

## Global Works Summer Service Adventures 2010

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
<b>IDENTIFICATION &amp; MONEY</b>		
<b>Valid Passport</b>	~	
<b>Copies of Passport (3)</b>	Copy page where photo appears. (keep one in a safe spot at home, give one to your leader, and bring the additional one with you).	
<b>Permission to Travel Form</b>	Signed and notarized. Necessary for getting through customs and across borders.	
<b>Spending Money</b>	\$100-\$200 recommended. Bring at least 2 different forms of spending money.	
<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>EQUIPMENT &amp; GEAR</b>		
<b><u>Large Backpack, Soft Duffel or Rolling Duffel Bag</u></b>	Be able to carry all gear comfortably and without help for at least 2 blocks.	
<b><u>Daypack</u></b>	Such as a school backpack. For us as airplane carry-on and as a day hike bag.	
<b><u>Sleeping Bag</u></b>	Pack in Stuff Sack or Compression Bag. Bedding is NOT always provided at the hostels 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!	
<b><u>Bath/Beach Towel</u></b>	~	
<b><u>Washcloth</u></b>	~	
<b><u>Lightweight-low hiking boots OR Cross Trainers</u></b>	Must be broken-in. Used for excursions/hikes and for work projects. They are likely to get dirty during service projects.	
<b><u>Comfortable sneakers</u></b>	~	
<b><u>Waterproof Sandals</u></b>	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.	
<b><u>Sunglasses</u></b>	~	
<b><u>Spare eyeglasses for contact wearers</u></b>	~	
<b><u>Eyeglass strap for eyeglass wearers</u></b>	For rafting trip and other adventure activities.	
<b><u>Headlamp or Flashlight</u></b>	This is an absolute necessity. We strongly recommend a headlamp over a flashlight, if possible.	
<b><u>Extra batteries and bulbs</u></b>	For headlight or flashlight.	
<b><u>Water bottle</u></b>	Should hold 1 quart/liter. Nalgene brand is ideal. No bike bottles, please.	
<b>CLOTHING</b>		
<b><u>***Raincoat</u></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. ** Important item	
<b><u>Jacket/Pullover (2)</u></b>	We recommend thick pile or light fleece.	
<b><u>Long-sleeve shirts (2)</u></b>	One lighter, one warmer. Designate one as a work shirt that may be damaged.	
<b><u>T-shirts (8)</u></b>	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.	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
Warm Hat and Gloves	~	
<b>CLOTHING (CONTINUED)</b>		
<u>Light weight button down shirt or blouse (1)</u>	~	
<u>Shorts (3 pair)</u>	One pair must be mid-thigh length or longer. Quick-drying and lightweight. At least one pair designated as work shorts.	
<u>Long Pants (3-4 pair)</u>	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)	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. Bring 1 or 2 pairs of warm socks for rain or cold.	
Sun hat or baseball cap	~	
Bathing suit (2)	~	
<b>MISCELLANEOUS ITEMS</b>		
Homestay Gifts (if applicable)	Small, inexpensive gifts for homestay families and new friends.	
<u>Headlamp or flashlight</u>	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.	
<b>OPTIONAL ITEMS</b>		
Art Materials	Water paints, markers, beads, etc.	
Camera with case	Please insure if valuable. If using film, buy in U.S.	
<u>Waterproof camera</u>	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/ipods	To share your favorite music during bus rides and/or dance exchanges.	
<u>Light shoes/flip-flops</u>	Light, comfortable footwear for showering or wearing	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
	around the lodge.	
<b>Sarong</b>	For Beach Days (can purchase in country)	
<p><b>Need to purchase a few items?</b> Visit our <a href="#">online Pack List Store</a>, available via your login page on our website <a href="http://www.globalworkstravel.com">www.globalworkstravel.com</a>. You will find quality, competitively priced items that have been selected by our friends at <a href="#">Gear Fetch</a> as the best equipment solutions for your Global Works program!</p>		