

★PACK LIST: SPAIN 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 for two city blocks and up three flights of stairs. We recommend you aim for 35-40 lbs. maximum. Please check with your airline carrier for baggage fees).

» **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 Spain:** In general, the day time temperatures in Spain from April to November are pleasant, with cooler evenings. Rain is always a possibility in Spain, and the mountains may get snow in the winter months.

» **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 -\$350 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 Spain. Debit cards with the VISA logo and student's name (please have a PIN number!) is one form of obtaining spending money in Spain (there will be an ATM fee), but do not count on this being available in all locations. Be sure to let your bank know that you will be using this card abroad. Do NOT bring a preloaded card (such as a visa gift card), as these will not be accepted in Spain. Please bring cash in small bills (ones, fives, tens). Traveler's checks are *not* recommended.

II. LAUNDRY: We will do laundry once as a group when we are not in the homestays. Generally, students will have their laundry done at least two times at the homestay.

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 Spain. Plan on purchasing phone cards in Spain; 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 Spain. 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 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, hackysacks, 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!

SPAIN '10 PACKING CHECKLIST

Global Works Summer Services Adventures Travel 2010

ITEM & QUANTITY <small>(Quantity indicated if other than "1")</small>	INFO	GOT IT!
IDENTIFICATION & MONEY		
Valid Passport	~	
Copies of Passport (3)	Copy page where photo appears. (keep one copy with you, give one to your leaders, and leave the other copy at home).	
Permission to Travel Form	Signed and notarized. Necessary for getting through customs and across borders. Carry this with your passport.	
Spending Money	\$250-\$350 recommended. Bring at least 2 different forms of spending money.	
Student ID	School ID or other photo ID is acceptable.	
<u>Money Belt</u>	A money pouch or purse is also acceptable. Use to hold money, passport copy and other important items	
EQUIPMENT & GEAR		
<u>Large Backpack, Rolling Duffel Bag, or Soft Duffel</u>	Be able to carry all gear comfortably and without help for at least 2 blocks / or three flights of stairs. Please note that Rolling Bags or Suitcases are NOT the best option as you will need to carry your bags up and down stairs, on cobblestone roads, etc.	
<u>Daypack</u>	Such as a school backpack. For use as airplane carry-on and as a day hike bag.	
Bath/Beach Towel	~	
Washcloth	~	
<u>Lightweight-low hiking boots OR Cross Trainers</u>	Must be broken-in. Used for excursions and for work projects. They are likely to get dirty during service projects.	
Water Shoes	Strapped/closed toe shoes for sea kayaking	
Comfortable walking shoes	~	
Shower shoes/ flip-flops	~	
Sunglasses	~	
Spare eyeglasses for contact wearers	~	
Work Gloves (2)	To prevent blisters during projects.	
Flashlight	~	
Extra batteries and bulbs	For headlight, flashlight, other electronics.	
**<u>Water bottle</u>	Should hold 1 quart/liter. Nalgene brand is ideal. No bike bottles, please. (it is important to stay hydrated)	
CLOTHING		
Raincoat	Hooded, lightweight, waterproof. For excursions and working, can double as a windbreaker.	
<u>Jacket/Pullover</u>	We recommend thick pile or light fleece.	
Long-sleeve work shirt	Designate as a work shirt that may be damaged.	
Long-sleeve button-down shirt/blouse	This is a shirt you may wear to dinner with your host family and/or when we are out on the town.	
T-shirts (5-6)	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)	
Shorts (3 pair)	One pair must be mid-thigh length or longer. Quick-drying and lightweight. At least one pair designated as work shorts.	

ITEM & QUANTITY (Quantity indicated if other than "1")	INFO	GOT IT!
Long Pants (2-3 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.	
CLOTHING (Continued)		
"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.	
Lightweight Pajamas	~	
Underwear	You determine how much you need.	
Socks (6-8 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	~	
MISCELLANEOUS ITEMS		
Homestay Gifts (if applicable)	Small, inexpensive gifts for homestay families and new friends.	
Photos and postcards from your home	To share with host communities. Great way to "break the ice" with new friends and families.	
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.	
Sunblock 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 .	
American culinary treat!	Bring a packaged treat for a cooking/recipe exchange with your host family. Great options are pancake mix (bring with syrup!), a mix for brownies, ingredients for rice krispie treats, etc. These kinds of treats are not available in Spain and will be a great hit!	
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.	
Two CD's/ipod	To share your favorite music during bus rides and/or dance exchanges.	
<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>		