



# PACK AND PREP GUIDE

Best Practices In Preparing Your Stuff And Yourself For Spain

## WHAT'S THE FORECAST



### Weather

- January-February is cold and dry, temperatures range from 45-60°F
- March-May expect warm days, cool evenings, temperatures range from 60-70°F
- June-August is hot and can be humid, temperatures range from 85-100°F

## PUT YOUR WALKING SHOES ON



### Sightseeing in the Cities

- We will be on our feet a lot in the cities
- Happy feet are the key to being a happy traveler
- You need comfortable walking shoes; these can be your sneakers or supportive sandals
- Flip-flops do not count as walking shoes

## SERVICE WITH STYLE



### Look Good and Do Good

- You will get dirty, wear older clothing/shoes on the work site to avoid ruining new clothes
- Appropriate attire includes T-shirts and tank tops with no visible undergarments and shorts with a 3" or more inseam
- Pants are best for service work, we recommend something lightweight and quick dry

## PACK INTENTIONALLY



### Bring Only What You Need

- Pack enough clothes for 7-10 days, we will have access to laundry
- Bring 1 carry-on backpack and 1 larger backpack/roller suitcase/duffel bag
- Consider re-wear items!
- Leave your nice clothes, hair dryers, etc. at home
- Prepare mentally and emotionally. See resources below!

REFER TO THE PACKING CHECKLIST TO MAKE SURE YOU HAVE EVERYTHING YOU'LL NEED!

## Recommended Packing Check-List

This packing list is designed for a **7-10 day trip to Spain**. It's been created from years of feedback from GW students like you!  
Each item is on the list for a reason and we ask that you follow it as closely as possible.

ITEM	GOT IT!
<b>YOUR BACKPACK (Carry-On)</b>	
<b>Valid Passport</b>	
<b>Copies of Passport (3)</b>	Copy page where photo appears. Bring one copy with you, give one to your leaders and leave one copy with your parents.
<b>Spending Money</b>	\$250-\$350 recommended, including money for luggage fees--there and back!
<b>Global Works Contact Card</b>	You will receive this 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. You can find a copy of this on your trip Login page. Our 24-hour emergency phone number is 720-279-0527.
<b>Student ID</b>	If you have a student/school ID card, bring it! These prove useful when seeing sites throughout Spain.
<b>Water Bottle</b>	*Should hold 1 quart/liter. No bike bottles or camelbaks, please.
<b>Prescriptions/Vitamins</b>	Include a note for your GW leader in your carry-on detailing dosage and timing of any medications or vitamins.
<b>Set of Clothes/Toiletries</b>	In case baggage is delayed en route to your destination, make sure that you pack a change of clothes, toothbrush and essential toiletries (make sure they are in a quart-size zip-lock bag to go through airport security).
<b>YOUR BIG BACKPACK/DUFFEL/ROLLER BAG (Checked-Bag or Larger Carry-On)</b> <b>*Note: Label Clothes with your Name</b>	
<b>CLOTHES</b>	
<b>Raincoat</b>	Hooded, lightweight, waterproof. For hiking and working. Look for products that offer breathe-ability, such as through-vents, etc.
<b>Fleece or Sweatshirt</b>	We recommend fleece over a hoodie.
<b>Long-Sleeve Shirts (2)</b>	One lighter, one warmer. Designate one as a work shirt that may be damaged.
<b>Work/Adventure T-Shirts (3-4)</b>	We recommend "quick-dry" T's and shirts you don't mind getting dirty. Please include your stylish Global Works t-shirt in this number! You will receive it one month prior to your departure and will wear it on the travel days.
<b>Everyday T-Shirts (3-4)</b>	To wear in the evenings and on city days.
<b>Shorts (5)</b>	At least 2 pairs designated as work shorts (quick-drying and lightweight). The others can be for day-to-day wear around the cities.
<b>Long Pants (1-2)</b>	Designate one quick-dry, lightweight pair for hiking and work projects and two pairs for evenings and days in the city (i.e. jeans or casual pants).
<b>"Nice, But Not Formal" Outfit (1-2)</b>	For going out to dinner on the last night and evenings in town. <i>(Girls, a couple of comfortable sundresses that pack well are nice to have in the city in the summer).</i>

<b>Lightweight Pajamas</b>		
<b>Underwear</b>		
<b>Socks (5 Pairs)</b>	They should be synthetic material for hiking and working.	
<b>Sun Hat or Baseball Cap</b>		
<b>Bathing Suit</b>		
<b>Comfortable Sneakers or Light-Weight Hiking Boots</b>	To wear for short hikes, excursions, and community service projects. They will get dirty!	
<b>Comfortable Walking Shoes</b>	We will be on our feet a lot in the cities. Happy feet are the key to being a happy traveler! These can be your sneakers or supportive sandals. Flip-flops do not count as walking shoes!!	
<b>TOILETRIES</b>		
<b>Toiletries</b>	Bring in travel size, and store in zip-lock bags or other liquid proof compartment. Toiletries can be replaced as needed.	
<b>Spare Eyeglasses for Contact Wearers</b>		
<b>Beach/Bath Towel (1)</b>	Short on space? Quick-dry towels from outdoor or adventure stores work very well and pack lightly! We recommend a towel large enough to wrap around your body or to lay on at the beach.	
<b>Travel Medical Kit</b>	Your Global Works leader will have a medical kit with the essentials, but please bring an assortment of basic supplies and any medications that you may take regularly. This should include Band-Aids, Tylenol, hand sanitizer, disinfectant wipes, soap, moleskin for blisters and Pepto Bismol caplets. Depending on your needs, you may also wish to include antacids, Lactaid, Benadryl and/or Bactrim (consult a doctor).	
<b>Bug Repellant &amp; After-Bite</b>		
<b>Sun Block &amp; Lip Protection</b>	SPF 30 or higher.	
<b>GEAR/MISC.</b>		
<b>Leather or Canvas Work Gloves</b>	Label with your name.	
<b>Sunglasses</b>		
<b>Homestay gift</b>	If doing a homestay, we recommend bringing a small "host" gift for your family. You will find out the make-up of your host family a couple days into the trip, so plan on one "host" gift for the entire family. We recommend that you bring something that represents your hometown or something that you like to do. For example, a book or calendar of photos, a card game, Frisbee, team t-shirts, or arts and crafts supplies. Consider your first night in the homestay and how the gift may help you "break the ice" with your host family.	

**CREATURE COMFORTS***Note: These Are Optional Items...Customize Your Comforts To Your Own Needs!*

<b>Pocket Spanish-English Dictionary</b>		
<b>Camera &amp; Charger</b>		
<b>Protein Bars</b>	Power bars, Luna bars, Cliff bars, Odwalla bars, etc. Recommended especially for vegetarians or picky eaters!	
<b>Travel-Sized Laundry Detergent</b>	We will do laundry once we get to the homestay, but you may wish to do some hand washing before then.	
<b>Sandals/ Flip-Flops</b>	Light, comfortable footwear for showering or just wearing around. (If you are planning to wear sandals for more than lounging/shower purposes you need to bring walking sandals. Flip-flops do not count as walking sandals!)	

**BRAVING THE ADVENTURE AHEAD***Note: Reflect On Personal Interests And Coping Mechanisms. What Small Items Can You Bring To Pass The Time When The Going Gets Tough?*

<b>Travel Games/Cards</b>	There will be down time and it's fun to have something to do or play/	
<b>Arts-N-Craft Supplies</b>	Adult coloring books, friendship bracelet supplies, etc.	
<b>Small Notebook &amp; Pen</b>		
<b>Small Musical Instrument</b>	Any harmonica or ukulele players out there?!	
<b>Yoga Mat/Essential Oils/Meditation Materials</b>		
<b>Reading Materials</b>		

**Feel free to contact Global Works with any packing questions!**[www.globalworkstravel.com](http://www.globalworkstravel.com)[info@globalworkstravel.com](mailto:info@globalworkstravel.com)

303-545-2202

## Low-Cost Packing Tips

Packing for a GW trip shouldn't break the bank! In fact, we have quite a few tips and tricks for keeping packing costs to a minimum!

1. Service work clothes often get ruined and stained from our projects. Pack older clothes/shoes that you won't mind getting dirty in!
2. Check out a thrift store or a discount shop in your area! Need to buy something from the list, but you don't want to pay top dollar? Discount and second-hand stores are perfect for finding a pair of pants or leggings to do service in!

The best patterns and brightest colors earn extra *style points!*

3. Borrow an item. Often, family members or friends in your community might have an item on the list that you can borrow (headlamp, etc.). Keep in mind that if you borrow something, you'll want to take extra special care of it!
4. Many programs require items like water shoes that are similar to Chacos or Tevas, however you don't have to buy Chacos or Tevas, in fact, most GW participants pick up a low-cost pair at Walmart or a similar store and either end up loving them or donating them to the service community at the end of the trip.
5. Find a sponsor, let local stores and community members know what you're doing. You may be able to find someone to help sponsor an item that you need to buy or get a discount at a store.
6. Don't forget to hit up discount sporting good stores (Dicks, Modells, etc.) and see what they have on clearance. Most times there are sales and you can find high quality items for a decent price.

## Mentally and Emotionally Preparing for Your Global Works Trip

Getting ready for a group trip abroad requires more than simply packing your bags. In order to get the most out of your experience, prepare yourself mentally and emotionally by following these tips!

### 1. Know Before You Go!

The more you learn about the country that you're traveling to, the richer your experience! Check out the Country Resource Page (below). We've compiled a list of books, movies, music, and other media to get you ready! Buffing up on US and trip country current events is important for homestay and other in-country interactions.

### 2. Write a List.

Write a list about why you are traveling. It's a good way to explore your hopes and overcome fears that naturally arise from a new experience. Pack the list and if you're feeling homesick, getting anxious or worried, or facing a challenge, refer to it and remind yourself of why you're there in the first place!

### 3. Practice Patience!

As with any type of international travel, change is part of the plan. Take some time to reflect: when things don't go according to plan, how do you react positively? What do you bring to the table? Maybe you take a deep breath, maybe you walk away to take a break from the situation, maybe you seek out someone to talk to? Practice your personal tactics so you are prepared for unpredictable situations.

### 4. Respecting Differences!

Your GW group will be diverse, giving you the opportunity to learn new things and make new connections. Before your trip, push yourself to find common ground with people in your school or community who you might not have connected with in the past. Practice respect and leadership by using your voice to make a positive impact.

### 5. Disconnect to Reconnect: Consider your relationship with your phone!

Although your smart phone can serve as an important tool, it's possible that it has become a source for overuse in your life. This is a reality that each Global Works participant will have to face as phones are not permitted on trips. It's important to seriously consider your phone use to prepare for some level of withdrawal, which could manifest as feelings of anxiety, stress, or even loneliness. Refer back to the Braving the Adventure Ahead section of your Packing Check-List for some tips on how to cope.

Suggestions to titrate down your phone use as your trip approaches are: to host a phone-free dinner party, to leave it at home when you go out to exercise, or to track your usage and set goals to decrease use per day.

### 6. "I can do it"

Your mind is a powerful tool. Find your own mantra to help gain self-confidence when feeling uneasy. Equip yourself for when the going gets tough.

### 7. Make a Self-Care Plan

Practice checking in with yourself and re-centering. Refer back to the Creature Comforts section of your Packing Check-List. Take some time to reflect, be creative, and take your individual self-care routine seriously. We want to set you up for success!



# Spain Resources

## Books

*The Sun Also Rises* - Ernest Hemingway  
*The Shadow of the Wind* - Carlos Ruiz Zafón  
*Don Quixote* - Miguel de Cervantes

## Websites

[Humans of Spain](#)  
[The Local](#) (Current Events & News)

## Movies

L'auberge Espagnole

## Travel and Service

- *How Can I Help? Stories and reflections on service.* Ram Dass and Paul Gorman, 1985. Thoughts and practical implications on the complicated nature of helping others.
- *Walk Out Walk On: A Learning Journey Into Communities Daring to Live the Future Now,* Margaret Wheatley and Deborah Frieze, 2011. Finding local solutions to big problems within communities, rather than imposing solutions on communities.
- Philanthropiece Foundation ([philanthropiece.org](http://philanthropiece.org))

## **\*SPAIN VACCINATIONS AND TRAVEL HEALTH INFO\***

### **Global Works Travel**

Although the Spanish government does not require any immunizations for travel in Spain, the U.S. Centers for Disease Control and Prevention (CDC) do recommend several immunizations. As with *any* medical recommendation, we strongly suggest that you consult your physician and/or a travel medicine clinic to make the final decision about immunizations.

**For the most detailed, up to date information, please visit the CDC Website:**

- Routine Vaccines (including but not limited to): Chicken Pox (Varicella), Diphtheria-Tetanus-Pertussis, Flu(influenza), Measles-Mumps-Rubella (MMR), Polio, Shingles
- Hepatitis A
- Measles
- Hepatitis B