

# PACKING LIST *(what to bring)*

Preparing to pack: lay out everything that you think you need, put back half, and then pack what's left. The bottom line: come prepared, but travel lightly. Your belongings (including your luggage) are stored in your cabin so we recommend using soft-sided luggage on wheels.

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## **Baggage Limit: 2 Checked bags, 1 carry-on, 1 personal item**

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### **CLOTHING/ACCESSORIES**

- 5-7 N95 face masks
- Undergarments (underwear, socks, undershirts)
- Appropriate clothing for field classes
- Shorts/jeans/khakis
- Skirt (long) recommended
- T-shirts (not too many – you'll buy more)
- Sweater/hoodie/jacket (light/medium)
- Rain gear
- Comfortable shoes (sneakers/sandals)
- Sunglasses/hat(s)/visor(s)/headscarf
- Swim wear
- Formal wear for the Alumni Ball

### **TOILETRIES**

*We recommend biodegradable toiletries.*

- Shampoo/conditioner
- Toothbrush(es), toothpaste, floss, mouthwash
- Deodorant
- Body wash/face wash/scrub sponge
- Comb/brush/hair products
- Contact lens and/or prescription eyeglasses
- Personal hygiene products
- Travel-sized toiletries for in-country travel
- Razor(s), shaving cream/gel (non-aerosol)

### **ELECTRONICS & EDUCATIONAL**

- Travel alarm clock/watch
- Camera (with extra memory cards/batteries)
- USB drive/external hard drive
- Plug adapter and/or converter (our ship has European outlets)
- Cell Phone/selfie stick/GoPro /headphones
- Small flashlight and batteries
- Laptop (with additional battery/charger) & install/recovery programs for all software and operating systems
- Pens, pencils (some tests are via Scantron), notebooks, sticky notes, journal, etc.
- Clipboard, lap desk (many classrooms don't have desks)

### **CARRY-ON ITEMS**

- Passport
- Applicable vaccine records (i.e. COVID 19 vaccine, yellow fever)
- Prescription medications
- Straightening/curling irons (must be checked by ship security)

### **MEDICAL/HEALTH SUPPLIES**

- Prescription medications for the entire voyage (ex. Epinephrine for severe allergies - SAS does not provide EpiPens, Malaria prophylaxis, Travelers diarrhea medication, etc.)
- Non-prescription medications you've used in the last six mo. (ex. Tylenol, Motrin, Cold, etc.)
- Sleep aids (ex. Tylenol PM, ear plugs)
- Allergy medication (ex. Benadryl, Allegra)
- Seasickness/nausea aids (ginger candies, dramamine/meclizine, scopolamine patches)
- Diarrhea medication (ex: Pepto-Bismol, etc.)
- Hand sanitizer/wet wipes
- Sunscreen of at least SPF 15
- Insect repellent - No aerosol cans! (EPA-registered, at least 20% DEET)
- Small personal first-aid kit

### **TIPS FROM ALUMNI**

- Credit/debit cards/cash (\$1 bills are helpful!)
- Thermos/travel mug
- Beach towel
- Laundry bag and travel-sized detergent
- Backpack/daypack
- Small gifts for homestays & new friends
- Business cards for networking
- Musical instruments (guitars & small instruments are allowed, if stored in cabin)
- Quart-sized plastic bag to store carry-on liquids and gels for air travel
- Open mind, open heart, and a smile :)*

**NOTES:**