



## Suggested packing list for North or South Queensland

The following list contains items that previous students have recommended to bring with you on our programs. This is not an exhaustive list, and there may be other personal items you wish/need to bring.

### Mandatory

One (1) large bag (duffel-bag with wheels, backpack, or suitcase). Maximum weight of 44lbs; Two bags will not be permitted.

Medium-sized day-pack (water-resistant and big enough for an overnight stay but small enough for a day hike). Use this as your carry-on bag.

Flashlight or headlight (e.g., Petzel) with extra set of batteries (you may only use this a few times)

Notebook and clipboard for taking notes in class and the field; pens, pencils (be prepared to take notes rain or shine, field or classroom). Students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking.

Accommodations contact list (it's in the Course Reading Packet). Leave a copy with family, and pack a copy in your carry-on bag.

Water bottle (Nalgene or similarly tough-type recommended)

Small first aid kit (see "staying healthy" section), including Dramamine or similar fix for motion sickness (Note: each program will have a group first aid kit)

Sun protection (sunscreen, sunglasses, brimmed hat, Chapstick, etc.)

Insect repellent with DEET

### Clothing and footwear

Walking shoes (a walking/hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance).

Hiking sandals, preferably nylon/waterproof (e.g., Chacos, Tevas, Keen) (*optional* for North Queensland; **required** for South Queensland)

Rain jacket (must be waterproof)



1-2 pairs hiking shorts or pants suitable (zip-off travel pants come highly recommended by former students). Fast-drying fabric recommended since they may get wet. **Not** jeans.

1-2 pairs of nice pants (e.g. jeans or khakis) for city wear (and/or skirts for females)

1-2 nice shirts for city wear

1 pair of nice shoes for city wear

Sweatshirt or polar fleece pullover (for chilly evenings in North Queensland and South Queensland)

Carnarvon Gorge in South Queensland is the coldest place on the itinerary, where night-time temperatures may be in the low 30s F. You may want 2 layers of warm top here, and some students may want a warm hat and gloves. On North Queensland itineraries, Tyrconnell is usually the coldest place you'll visit. Night-time temperatures there may be in the low 40s F.

Swimwear

Underwear and socks (7 pairs, enough for 1 week between laundry opportunities)

3-4 shirts (or t-shirts) for field (think layering for colder days) (quick-dry t-shirts for warm climates are recommended)

Nightwear (you are sharing a room!)

Large travel towel (microfiber travel towel is recommended)

Toiletries

Hand sanitizer

Plastic ziplock bags (for snacks, etc.)

A few plastic trash bags (for dirty laundry, hiking shoes, etc.)

Full supply of all medications in prescribed containers, and copy of prescriptions

Extra set of eye-glasses/contacts (solution is available in-country)

Travel adapter plug, to fit angled sockets like these:



ATM/Check cards, a credit card, insurance cards, student ID card, driver's license, passport

Photocopies of important documents (i.e., ATM/Check cards, credit cards, insurance cards, student ID card, driver's license, passport, airplane ticket, emergency contact information). Leave one copy of this with your emergency contact person and bring one copy in your carry-on. Alternatively, take digital photos of these documents and attach them to an e-mail to yourself that you can store and access through your webmail address.

Inventory list of items packed in checked luggage (keep in carry-on luggage)

Identification tags with your contact details (on outside and inside of checked luggage, and on carry-on luggage)

The Program Handbook

The required Course Reading Packet (not available in-country)

### **Optional** items you may find useful

Camera (perhaps waterproof) and extra batteries/charger/memory cards/USB key drive

Guidebook e.g. Lonely Planet, Footprint, Moon, etc.

Pocket-knife/Swiss Army knife (do not pack in your carry-on!)

Small sewing kit with safety pins

Earplugs

Travel pillow

Combination locks for your luggage (airport TSA-compliant for checked luggage)

Hiking sandals, preferably nylon/waterproof (e.g., Chacos, Tevas, Keen) (optional for North Queensland; required for South Queensland)

Flip-flops (for showers and inside wear) – alternatively, use your hiking sandals



Dive mask (If you wear glasses and have a prescription mask, you may wish to bring it. Otherwise, note that snorkels and non-prescription masks will be provided for group activities.)

Small purse or bag for city

Wash cloth (in ziplock bag)

Small, portable, fold-up umbrella

Journal or diary