



## Suggested packing list for South Australia and Sydney

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 small notepad for quick note-taking.

Accommodations contact list (available from your professor). 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

Days will be hot (sometimes over 100°F) and nights cool. Breathable, loose-fitting clothes will be most comfortable.

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

Hiking sandals (e.g., Chacos, Tevas, Keen) (*not required but many students found these to be an excellent second pair of footwear to have*)

Rain jacket (must be waterproof)



1-2 pairs hiking shorts or pants (zip-off travel pants come highly recommended by former students).

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)

Swimwear

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

3-4 shirts (or t-shirts) for everyday use (quick-dry t-shirts for warm climates are recommended)

Nightwear (you are sharing a room!)

Large travel towel (microfiber travel towel is recommended as it weighs less)

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 materials as distributed by your professor (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

Earplugs

Travel pillow

A few safety pins

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

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

Small purse or bag for city

Wash cloth (in ziplock bag)

Small, portable, fold-up umbrella

Journal or diary