

ITEMS TO TAKE ON THE BUS TRIP

Please, limit yourself to one piece of luggage and one carry-on (the daypack listed below is ideal for the carry-on). You will be carrying your luggage yourself and often up a flight of stairs. **HINT- If you plan to buy t-shirts or gifts & souvenirs, save some space in your luggage.**

A Laundromat stop is scheduled for day 7 of the trip – you need pack for only one week, not two!

1. EACH STUDENT MUST BRING:

- **Insurance card (medical)**
- Personal toiletries
- Old sneakers or strap-on water sandals for raft trip (no flip-flops allowed on the raft-they float off!)
- Pocket money for snacks, souvenirs, postcards, t-shirts, gifts (about \$300 has been enough in the past)

2. CLOTHING NEEDED:

- Casual clothing; shorts, jeans, t-shirts, "sweats"
- "Sneakers" & sandals
- Swimsuit
- Jacket or sweater & Rotary sweatshirt for chilly times & places
- One nicer outfit for special dinners (No Shorts) – girls, skirt /dress or dress pants – boys, pants, preferably other than jeans (or nice jeans) & shirt with collar

3. SUGGESTED ITEMS:

- Pillow
- Sunglasses (cheap ones are better on this trip than costly ones)
- Nylon windbreaker or rain-jacket
- Hat
- Camera, extra batteries or charger
- Beach towel
- Daypack
- Postage stamps, if you intend to send postcards or letters
- Personal medicine/copy of prescriptions
- Small games or musical instruments
- ipod
- Flashlight, travel alarm, cell phone & charger are all helpful

Do **NOT** bring your passport or your Rotary blazer but a student ID is good. Do **not** bring a blanket. Stamps and prescription medications are difficult to get while traveling. Be sure you know what the cost to mailing a postcard to your country is, if you plan on mailing them.