

THE ROAD

LESS TRAVELED®

Andalucía Mía Packing List

You may already own many of the items on this list. We strongly recommend you borrow what you do not already have from friends or relatives, or bring old or used gear. Please be considerate of our suggestions below. All of the items listed below should be brought on your trip. If you are missing gear, you may not be able to participate on a section of a program. **IMPORTANT NOTE:** No valuable or sentimental jewelry, expensive cameras, etc. should be brought on the expedition. Please do not bring any items that are irreplaceable. **iPods, walkmans, CD players and game devices are not permitted.** These programs are designed for participation and personal listening devices take a person out of the group. Label everything.

These clothing lists are annually reviewed and updated with the help of our leaders, who participate on the specific program. Please keep in mind that they are compiled with the idea that specific weather could occur on your trip. It might be sunny and you won't use your rain gear, or it may be warmer than usual, and you might not use your warm layers or long sleeve garments. It is better to be prepared, than to be wishing you had brought something.

LUGGAGE	PERSONAL GEAR
<input type="checkbox"/> large duffel bag or suitcase (approx. 7800 cubic inches or 12"x24"x36")	<input type="checkbox"/> Spanish-English dictionary
<input type="checkbox"/> day pack (i.e. your school book bag)	<input type="checkbox"/> dark lens sunglasses (UV resistant)
	<input type="checkbox"/> 2 copies of your passport kept in a safe place
	<input type="checkbox"/> 2 one liter durable water bottles
CLOTHING	<input type="checkbox"/> notebook/journal
<input type="checkbox"/> 8 - 10 short-sleeve shirts	<input type="checkbox"/> extra batteries (for camera, etc)
<input type="checkbox"/> 1 long sleeve, lightweight light-colored "quick dry" shirt for protection from the sun	<input type="checkbox"/> writing materials (pen, pencil, stationery)
<input type="checkbox"/> 1 light jacket such as a light fleece or wind-breaker	<input type="checkbox"/> headlamp or flashlight
<input type="checkbox"/> 2 pairs comfortable pants (jeans or casual pants)	<input type="checkbox"/> prescription glasses (Required: contacts or glasses - bring an extra pair of glasses and a copy of your eye glass Rx)
<input type="checkbox"/> 6 pairs shorts (athletic shorts are good for the beach)	
<input type="checkbox"/> 1-2 long linen or cotton skirts for the girls	TOILETRIES
<input type="checkbox"/> 8-10 pairs underwear	<input type="checkbox"/> sunscreen (30+ SPF - 2 tubes)
<input type="checkbox"/> 2 swimsuits (no string bikinis!)	<input type="checkbox"/> soap (small bar/container)
<input type="checkbox"/> hat to block the sun (i.e. baseball cap)	<input type="checkbox"/> shampoo (small container)
<input type="checkbox"/> clothes to sleep in (t-shirt and shorts)	<input type="checkbox"/> toothbrush & toothpaste
	<input type="checkbox"/> deodorant
FOOTWEAR	<input type="checkbox"/> feminine sanitary products
<input type="checkbox"/> 1 pair comfortable sneakers for walking	<input type="checkbox"/> laundry bag
<input type="checkbox"/> 1 pair sandals with straps (e.g. Tevas or Chacos) for water	<input type="checkbox"/> alcohol-based hand sanitizer
<input type="checkbox"/> 1 pair of flip flops	<input type="checkbox"/> lip balm w/ SPF
<input type="checkbox"/> 4-5 pairs cotton socks	<input type="checkbox"/> moisturizing lotion
	<input type="checkbox"/> beach towel, washing towel and washcloth
OPTIONAL GEAR	<input type="checkbox"/> comb or brush
<input type="checkbox"/> camera w/ film and waterproof camera bag	
<input type="checkbox"/> sketchbook, novels, other reading material	
<input type="checkbox"/> 1 cover-up or sarong for the beach	
<input type="checkbox"/> rash guard or swim shirt	
<input type="checkbox"/> wristwatch (with alarm)	

PACKING FOR YOUR TRIP

All gear should be packed into a duffel bag or wheeled luggage. Your duffel should be soft and large enough to carry all of the gear listed on the equipment list. Pack by category in labeled stuff sacks so you don't have to constantly pack and repack. Never check items you can't afford to lose. You should use your daypack to carry on important items including identification, medication, passports, visas, cameras, exposed film, etc. It's also a good idea to carry on toiletries, a jacket, and a water bottle in case delays or cancellations occur. Please remember that new security measures limit passengers to only one carry-on.

***** A note about clothing for this program:** Andalucía Mía takes place in an urban environment, and the clothing may not be very different from what you wear every day to school. Bring clothes that you feel comfortable in, can properly study and focus in and that do not draw undue attention to you. Please keep in mind that summers in Seville are HOT and HUMID! Our goal in Spain is to learn and take part in the customs and culture. To do this we want to dress appropriately so we do not stand out as tourists. The temperature of Seville warrants dresses, skirts and other light fitting clothing. The style for Spanish women is more formal than in the United States so please keep this in mind when you are packing. Also, t-shirts showing your midriff are unacceptable—leave them at home! In addition, keep in mind that our water activities will be very active, thus sport swimsuits are ideal.