



## College Study Tours

# WHAT TO BRING

To help you prepare for your upcoming Service Learning program, here is a full list of things to bring and keep in mind while working in and visiting local communities. Out of respect for the local culture, and to protect yourself from the elements, please dress conservatively. While you're packing, remember: pack light and pack smart. The best way to prepare is to research the climate and seasons in the country that you'll be visiting so you can plan accordingly. Refer to your destination guide for more information.

### Your service work essentials

Please pack accordingly based on the number of service days in your program.

- Quick dry T-shirts or long-sleeve shirts
- Full-length work pants (breathable and quick dry)
- Comfortable, closed-toe walking/hiking shoes
- Hat with a brim
- Work gloves
- Sunglasses
- Reusable water bottle
- Insect repellent
- Sunscreen
- Flashlight
- Rain gear
- Nursing scrubs or uniform for those participating on a nursing-focused service learning program

### Carry-on bag

Please pack your belongings in a hiking backpack or soft duffel, not a hard suitcase, as you will be in charge of transporting your luggage throughout the program. These should be packed in your carry-on bag.

- Comfortable walking/hiking shoes
- Sandals
- Shirts (short- and long-sleeve)
- Socks and underwear
- Watch
- Loose shorts/pants/jeans (no leggings/yoga pants)
- Pajamas
- Raincoat and/or umbrella
- Flashlight
- Sunglasses
- Lightweight nylon jacket or warm-up top
- Hat with a brim
- Reusable water bottle
- Work gloves
- Gloves, hat, and warm jacket (depends on the climate and season in the country you're visiting—consult your destination guide)
- Bathing suit(s) and towel (if beach time is included in your itinerary)

### Personal item

Your EF backpack is a perfect personal item. Here's a short list of things you might need on the first day of the trip.

- Passport
- Money
- Airline ticket
- Toothbrush and toothpaste (Check [tsa.gov](http://tsa.gov) for current security requirements.)
- Hairbrush
- Contact lens case and/or glasses (to sleep comfortably on the plane)
- Medication
- Any valuables (Only bring what you absolutely need.)

### Money and Electronics

- ATM card (Call the bank prior to departure to alert them of the trip; foreign purchases sometimes result in a hold on bank accounts.)
- Personal credit card
- At least \$50 converted to the local currency
- Pouch for storing money and passport under clothing
- An adaptor/converter if necessary (available at travel stores)
- Camera with extra batteries or chargers (Batteries can be expensive abroad.)

### Documents

- Passport (Passports are required on all EF College Study Tours. Remember to bring a few photocopies of yours—in case it gets lost—and to leave one copy at home. Passports must be valid for six months after your scheduled return date.)
- Visas (if applicable)
- A copy of the program itinerary
- Copy of any prescriptions (Customs officials may want to verify that a container's contents match its label, so all medication should be carried in its original container.)

### Toiletries

- Toothbrush
- Toothpaste and floss
- Shampoo and conditioner
- Soap
- Hand sanitizer
- Deodorant
- Hairbrush/comb
- Sunscreen
- Insect repellent
- Any medications (in addition to a copy of any prescription)
- Spare set of contact lenses/glasses (if applicable)
- Travel-size toilet paper (depending on your destination)

### What not to bring

Keep in mind the cultural and customary context of places you'll visit. Respect the communities, and protect yourself from the elements by dressing and packing appropriately.

Do not bring:

- Yoga wear or leggings
- Tight, fitted clothing
- Tank tops
- Jewelry
- Knives or weapons of any kind
- Shorts that go above the knees
- Hair straightener or blow dryer

