

# TURKEY STUDY TRIP

## - SUGGESTED PACKING LIST -

### CLOTHING

- One checked bag up to 50 lbs, MAX (airline restriction), plus one carry-on (preferably your hiking backpack). Note: There will not be room on the bus for more than one checked bag per person.
- Regular Hat or a Wide-brimmed Hat is more helpful if it's hot.
  - North Face, Outdoor Research and other hiking brands make great hats. A more expensive brand, but arguably the best hiking hats are by Tilley.
- Lightweight, hiking, moisture wicking or knit shirts that dry quickly (tank tops and sleeveless shirts are not acceptable)
- Bring at least one lightweight, long-sleeved hiking shirt
- Hiking shorts and/or pants. Be sure to have at least one pair of hiking pants (zip on/off legs are a great feature).
- Ladies can use a wrap around skirt or elastic waist skirt to put on over their shorts (must reach your ankles) when legs must be covered (at sacred sites). Long pants are acceptable for women at sacred sites. Tight yoga pants are not acceptable for any of the days.
- Swimming suit
- Moisture wicking hiking socks are highly recommended
  - Recommend Smartwool or something similar. Cotton is susceptible to fostering blisters.
- Aggressive hiking boots or light hikers that have great ankle support – break in extremely well
- Sandals or comfortable casual shoes
- 1-2 casual outfits for dinner (if desired). Dinner is most often eaten in hiking clothes.
- Fleece or sweatshirt for plane rides, cooler evenings, etc.
- Lightweight Rain Jacket (if rain is in the forecast - check weather report before leaving)

### SUPPLIES

- Passport ... Passport ... Passport
- Durable Sunglasses are a must! You may want a neck cord.
- Evaporative Cooling Towel (great brand is Ergodyne) if you struggle with heat
- Osprey Backpack & Water Bladder (both supplied by GTI) - OR - your favorite day-pack/backpack
- 1 water bottle, a 32-oz Nalgene works well (in addition to the water bladder in your backpack)
- If you struggle with any hip, knee, or ankle pain, I'd highly recommend hiking/trekking poles
- Some like to have a thin pad or small cushion to sit on during study times
- Bible (a small NIV is supplied by GTI, but please bring the Bible of your choice)
- Study Guide (supplied by GTI)
- Notebook for taking notes and journal recordings (supplied by GTI)
- Flashlight or head lamp - please keep in your backpack at all times
- Umbrella (compact to keep in your bag - again, if it appears we'll be getting some rain)
- Electrolyte replenishment (GU, Electrolyte Jelly Beans, Science In Sport, etc.)
- Snacks are a must as lunch can come later in the day
  - Granola bars, protein bars, nuts, trail mix, dried fruit, crackers, beef jerky, etc.
- Small and large ziplock bags for snacks, collectibles (write on the bag what it is and where found), and packing out trash during the day
- Imodium-d, aspirin w/ ibuprofen, diuretics, Tinactin

- Melatonin or Tylenol PM to help regulate sleeping patterns
  - Please drink lots of water on the flights as this will significantly decrease jet lag
- Moleskin or Spenco Blister Kit for blisters (you'll need small scissors as well)
- Neosporin and band aids (we'll have a medical kit, but it would be good to have some in backpack)
- For women, bring an ample supply of feminine hygiene products
- If you are prone to chaffing, please bring anti-chafe balm (recommend Body Glide)
- Record of any important medical allergies, medicines, immunizations, insurance, etc.
- Lots of tissue packs – many of the bathrooms (and bushes in the field) don't supply toilet paper
- Hand sanitizer (small bottles are recommended)
- Packs of disposable cloths (Wet Ones) may come in handy but are not necessary
- Sunscreen & Chapstick w/ SPF
- Small plastic bottle of dish soap in a zip lock bag is helpful if you need to wash out water bottle
- Small plastic bottle of laundry soap in a zip lock bag is useful if you plan on washing clothes
- Digital Cameras
- Electrical adapter (220 voltage, 2 or 3 prong European type) supplied by GTI
  - Most electrical gadgets and chargers have a built-in converter, which means you will only need an adapter. However, if they don't you will also need a converter.
- Loofa / mesh sponge or wash cloths come in handy for showers as most hotels don't provide them
- Inflatable pillow for use on the plane or bus
- Rubber plug (for sinks in hotels in order to do laundry by hand)
- Small but **loud** travel alarm clock (sometimes the hotel wake-up calls don't happen as requested)
- Small bag (like a mesh tie bag) for items you want to leave on the bus for the day
- Money. The price for the trip is all-inclusive. You don't have to spend an additional dollar if you don't wish. However, if you plan on purchasing souvenirs or desire to have pop at evening meals, please bring additional cash (credit cards are accepted at souvenir stores).

#### **ADDITIONAL PERTINENT INFORMATION & TIPS**

- Phones / Skype / FaceTime
  - Check with your cell phone carrier to see if you have international capabilities.
  - All of the hotels have WiFi (some WiFi connections are poor - just an FYI)
- Photocopies of Passport
  - You should have already submitted a copy of your passport to GTI. In addition, you should make two more photocopies of your passport. Keep one in your checked luggage and give the other one to someone else to carry for you throughout the duration of the trip.
- Make sure to have hiking shoes and gear in your carry-on in the event your luggage gets lost.

**Don't Forget Your PASSPORT!!!**