

# 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 culturally acceptable
  - Be sure to have at least one long-sleeved hiking shirt (or more if you are sun sensitive)
- Hiking shorts and/or pants (or more if you are sun sensitive)
  - Be sure to have at least one pair of hiking pants (zip on/off legs are a great feature)
  - Yoga pants or tight compression pants are not culturally acceptable
- Ladies can use wrap around (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.
- Swimming suit
- Moisture wicking hiking socks are highly recommended (cotton can foster blisters)
  - Recommend Smartwool, Point6, Darn Tough, or similar brands
- 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 mornings/evenings, etc.
- Lightweight Rain Jacket (probably won't need this as it typically doesn't rain this time of year, but check the weather forecast 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, or just want greater stability while hiking, 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 one 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
- 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 (all toilet paper needs to be packed out when going to the bathroom in nature).
- Imodium-d, aspirin w/ ibuprofen, diuretics, Tinactin, etc.
- Melatonin or Tylenol PM to help regulate sleeping patterns (if you struggle with sleeping)
  - Please drink a lot 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 in your 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.
- Tissue packs / wipes – many of the bathrooms (and bushes in the field) don't supply toilet paper
- Hand sanitizer (small bottles are recommended)
- 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
  - Rubber plug (for sinks in hotels in order to do laundry by hand)
- Digital Camera (or cell phone for pictures/video clips)
- 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
- 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 during the day
- Money. Trip price is all-inclusive. You don't have to spend an additional dollar if you don't want to. However, if you plan on purchasing souvenirs, or desire to have something other than water at evening meals, please bring additional cash (credit cards are accepted at souvenir stores).

## **ADDITIONAL PERTINENT INFORMATION & TIPS**

- Phones / FaceTime / WhatsApp
  - 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!!!**

*“What matters most on our journey is how deeply we see, how attentively we hear, how richly the encounters are felt in our heart and soul.”*

*Phil Cousineau / The Art of Pilgrimage*

