



## Educational Tours

# WHAT TO BRING

To help you prepare for your upcoming Service Learning Tour, 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-sleeved 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

### Checked luggage

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 tour. These should be packed in your checked luggage.

- Comfortable walking/hiking shoes
- Sandals
- Shirts (short and long sleeved)
- Socks and underwear
- Watch
- 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
- EF Field Journal and a pen (you should receive this around 40 days before your departure date)
- Gloves, hat and warm jacket (depending on the climate and season in the country you're visiting)
- Bathing suit and towel (if beach time is included in your itinerary)

### Carry-on bag

Your EF backpack is a perfect carry-on bag. Here's a short list of things you might need on the first day of the trip. These should be packed in the carry-on in case the checked luggage is delayed.

- Passport
- Money
- Airline ticket
- Toothbrush and toothpaste (Check [tsa.gov](http://tsa.gov) for current security requirements.)
- Hairbrush
- Contact lens case/glasses (to sleep comfortably on the plane)
- A change of clothes (in case luggage is delayed)
- 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 alarm clock (many accommodations won't have one)
- An adaptor/converter (available at travel stores)
- Camera with extra batteries or chargers (Batteries can be expensive abroad.)

### Documents

- Passport—it is required on all EF Educational Tours. Remember to bring a couple photocopies of it (in case it is lost) and leave one copy at home. Passports must be valid for 6 months after your scheduled return date.
- Visas (if applicable)
- A copy of the tour itinerary
- A list of important phone numbers and addresses to send postcards home
- 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 & floss
- Shampoo/conditioner
- Soap
- 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
- Any valuables
- Shorts that go above the knees
- Hair straightener and blow dryer

