



Form 3: Packing List

The following list contains items that previous students have recommended to bring with you on our programs. This is not an exhaustive list, and there may be other personal items you wish/need to bring.

Mandatory for all Programs (Except Antarctica)

- One (1) large bag** (duffel-bag with wheels, backpack or suitcase with a maximum weight of 44lbs; **two bags will not be permitted**)
- Medium-sized day-pack (water-resistant and big enough for an overnight stay but small enough for a day hike)
- Flashlight or headlight (e.g., Petzel) with extra set of batteries (you may only use this a few times)
- Notebook and clipboard for taking notes in class and the field; pens, pencils (be prepared to take notes rain or shine, field or classroom). Students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking
- Accommodations contact list (available in the *Course Reading Packet*) also have this with you when traveling (e.g., customs at airports)
- Camera and extra batteries/charger
- Water bottle (Nalgene or similarly tough-type recommended)
- Small first Aid kit (see “staying healthy” section), including Dramamine or similar fix for motion sickness (especially for Antarctica) (each program will have group first aid kits)
- Sun protection (sunscreen, sunglasses, brimmed hat, chapstick, etc)
- Insect repellent with Deet
- Travel alarm clock or watch with alarm
- Walking shoes (a walking/hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance).
- Rain jacket (must be water-and wind-proof, e.g., Gore-Tex)
- 1-2 pairs hiking shorts or pants (depending on climate) suitable for rainy weather (zip-off travel pants come highly recommended by former students)
- 2-3 pairs of nice pants/jeans/khakis for city wear (and/or skirts for females)
- 2-3 nice shirts for city wear
- 1 pair of nice shoes for city wear (closed-toed or heels – need to be smart for nightlife in Australia and New Zealand)
- Swimwear
- Underwear and socks (7 pairs, enough for 1 week between washes)
- 2-4 shirts (or t-shirts) for field (think layering for colder days) (polypro for cool climates and silk t-shirts for warm climates are recommended)
- Nightwear (you are sharing a room!)
- 1-2 large travel towels (microfiber travel towels are recommended)
- Toiletries
- Hand sanitizer

- Plastic ziplock bags (for snacks, etc)
- A few plastic trashbags (for dirty laundry, hiking shoes, etc)
- Full supply of all medications and copy of prescriptions, in prescribed containers**
- Extra set of eye-glasses/contacts (solution is available in-country)
- Travel adapter
- ATM/Check cards, **a credit card is mandatory**, insurance cards, student ID card, drivers license, **passport**
- Photocopies of important documents (i.e., ATM/Check cards, credit cards, insurance cards, student ID card, drivers license, passport, airplane ticket, emergency contact information). Leave one copy of this with your emergency contact person and bring one copy in your carry-on
- Inventory list of items packed in checked luggage (keep in carry-on luggage)
- Identification tags with your contact details (on checked and carry-on luggage)
- This *Program Handbook*
- The required Course Reading Packet (not available in-country)**

Optional Packing List for All Programs (including Antarctica)

- Lonely Planet, Footprint, Moon, or Let's Go* guidebooks
- Pocket-knife/Swiss Army knife (do not pack in your carry-on!)
- Small sewing kit
- Earplugs
- Travel pillow
- Combination locks for your luggage (airport TSA compliant for checked luggage)
- Hiking sandals, preferably nylon/waterproof (e.g., Chacos, Tevas, Keen) (not necessary for New Zealand May/June)
- Phone card (students highly recommend purchasing phone cards in the country, not in the U.S.; certain U.S. international travel cards don't work)
- Binoculars (highly recommended for Antarctica)
- Collapsible walking stick/trekking pole for negotiating uneven ground
- Flip-flops (for showers and inside wear) – alternatively, use your hiking sandals
- Snorkel and mask (for Australia and Fiji)
- Pillow case (doubles as a laundry bag)
- Disposable underwater camera (less expensive in the U.S.) or consider a waterproof digital camera case (e.g., www.myaquacase.com) (for Australia and Fiji only)
- Small purse or bag (for females) for city
- Wash cloth (in ziplock bag)
- Extra memory cards for camera (and USB key drive)
- Small, portable, fold-up umbrella

- Journal or diary

Mandatory for Antarctica Program

- One** large bag (duffel-bag with wheels, backpack or suitcase with a maximum weight of 44lbs; two bags will not be permitted)
- Sturdy, mid-size, lightweight and waterproof daypack (good for carrying extra clothing, camera gear during excursions; this item is *extremely useful* for landing craft transfers).
- A layering system is highly recommended for clothing, with a good waterproof, breathable outer layer.
- Jacket, fleece, wool hat and gloves for cool/cold weather.
- Warm trousers (to be worn under the waterproof pants – i.e. thermal underwear, (thicker expedition-weight fleece works very well), wool slacks, cords, sweatpants, jeans).
- Waterproof pants (pull-on) (very important for spray in the landing craft and wet landings. Rain pants should be roomy enough to wear over thermal underwear or regular pants. Army surplus or camping supply stores carry these).
- Long Underwear (lightweight silk or polypropylene are recommended).
- Sweatshirts, as well as cotton, silk, or synthetic turtlenecks, are also good insulators.
- Sweaters (wool or polar fleece medium weight).
- Turtlenecks.
- Waterproof mittens and/or gloves (a couple pairs of thin gloves to wear under thick mittens (polypropylene is a good fabric choice) is recommended in the event that you wish to remove heavier gloves to operate camera equipment).
- Woolen cap, scarf, and neck gaiter (fleece fabric is very light to pack and extremely warm. Some people bring earmuffs if they already have them).
- Warm socks (tall wool socks and thin polypropylene (silk also sufficient) socks. Bring a few pairs of each. For heavier pairs, rag wool is an excellent choice. Knee-highs provide extra warmth. Keep in mind that rubber boots do not provide much insulation, so you will rely on the warmth of your socks).
- Rubber Boots (pull-on, unlined, mid-calf or higher with non-skid sole, 14"-16") These specifications are VERY IMPORTANT. You will be stepping into cold water up to 10" deep during wet landings. Moon or leather boots are not appropriate. (Note: Be sure your boots fit with one or two pairs of heavy socks – tight boots will be cold and uncomfortable). Suggested sources for rubber boots: sporting goods, army surplus, or camping equipment stores in your area. These boots are often referred to as "Wellies" or "Wellington boots." Many good outlets are available online. The boat **may** have some of these on board though sizes cannot be guaranteed (check with the AUIP office for further information).
- T-shirts and other casual warm weather clothes for layering and aboard the ship (practical cotton, woolen, knit, and permanent press fabrics). You will spend quite a bit of time on board ship where it's warm inside.
- Sun protection – sunscreen w/ UV filter, sunglasses and lip protection.
- Bathing suit for hotels and maybe a polar plunge or hot springs.
- Camera with two extra sets of batteries and extra memory card. There may be no place in Antarctica to purchase film or batteries (which have a shorter life span in the cold climates)
- Extra pair of prescription glasses or contact lenses.
- Ziploc plastic bags to protect cameras and film when going ashore.

- Woolite/laundry soap (if you plan to do any hand laundry).
- Notebook and clipboard for taking notes in the field; pens, pencils (be prepared to take notes in outdoor environments). Students recommend a waterproof enclosed clipboard and a small notepad for quick note-taking
- Personal first-aid kit
- Motion sickness medication
- Full supply of all medications and copy of prescriptions, in prescribed containers**
- World-wide travel adapter. Electrical current and outlets vary by boat.
- Toiletries
- Travel alarm clock
- Accommodations contact list (available in the Course Reading Packet) also have this with you when traveling (e.g., customs at airports)
- Insect repellent with Deet
- Hiking shoes (a hiking/trail/running/around-town combo shoe will work - go for comfort, support, tread/grip, and water-resistance)
- Hand sanitizer
- Plastic ziplock bags and trashbags (for dirty laundry, hiking shoes, etc)
- ATM/Check cards, **a credit card is mandatory**, insurance cards, student ID card, drivers license, **passport**
- Photocopies of important documents (i.e., ATM/Check cards, credit cards, insurance cards, student ID card, drivers license, passport, airplane ticket, emergency contact information). Leave one copy of this with your emergency contact person and bring one copy in your carry-on
- Inventory list of items packed in checked luggage (keep in carry-on luggage)
- Identification tags with your contact details (on checked and carry-on luggage)
- This *Program Handbook*
- The required Course Reading Packet (not available in-country)**

Mandatory for Australia: Northern Territory and Queensland Programs

- Sleeping bag (cool for warm climates and warm for cool climates) preferably in a compression stuff sack (to reduce size).

Mandatory for Fiji Program

- Skirt below the knee (for women) for village visits (men may wear long pants but it is recommended that males purchase a local sulu [wrap] to wear over shorts on village visits – costs from ~\$5).
- Tank tops and spaghetti straps are unacceptable in local villages; ensure you have shirts with shoulder cover (t-shirts are fine)
- Inexpensive gifts for Homestay families (refer to Fiji etiquette and guidelines in the *Course Reading Packet* for examples)

Mandatory for New Zealand Summer Program

- Sleeping bag (for cool climates) preferably in a compression stuff sack (to reduce size). **Or** you have the **option** to pay for linen at a cost of \$35. (This fee is not covered in your program cost so you will need to pay for this when you are in country)
- Warm sleepwear. May is winter in New Zealand and your rooms may be cold.
- 2 pairs of polypropylene or capilene-type long underwear
- Warm jacket (such as a fleece to go under your rainjacket, which needs to be extra warm in May/June)
- Gloves, wool hat, wool hiking socks

Mandatory for New Zealand Winter Program

- Sleeping bag (cool for warm climates and warm for cool climates) preferably in a compression stuff sack (to reduce size). **Or** you have the **option** to pay for linen at a cost of \$35. (This fee is not covered in your program cost so you will need to pay for this when you are in country)