

Packing Checklist for Merida, Mexico

This is a list to assist you in packing for Merida. Please note the clothing items section since there are recommendations there pertaining to both “sightseeing” attire and “internship” attire. Remember that what you pack you will have to carry on your own which means, managing your luggage at the airport and for the bus to/from the airport to Merida, and to/at your home-stay, so be reasonable. If you plan for 5 days you can do laundry if needed (about \$2.50 USD for your entire wash/dry/fold typically at the local *laundreria*).

Toiletries and personal care

- Toothbrush
- Toothpaste
- Mouthwash
- Floss
- Soap or shower gel
- Shampoo
- Conditioner
- Deodorant
- Hairbrush or comb
- Hair styling products
- Hairdryer
- Cotton swabs / cotton balls
- Tissues
- Shaving kit (products and gear)
- Body lotion
- Sunscreen - UVA/UVB for full protection
- Bug/mosquito repellent
- Lip balm with SPF
- After-sun aid (aloe gel)
- Skincare products
- Hand sanitizer or antibacterial wipes
- Nail clipper/nail file
- Makeup – keep makeup light and natural

Personal items

- Glasses
- Sunglasses
- Contact lenses + case + solution
- Watch (note that Merida is on CST and Polk County is on EST, so Merida is one hour behind FL)
- Keys
- Wallet
- Hat
- Cell phone – check with carrier regarding international calls and/or fees
Note that you can use Skype, FaceBook, Twitter to communicate with friends rather than texting if

fees apply to your phone.

Documents and money

- Passport (and copies of your passport “hidden” in your luggage in case of emergency)
- Photo ID (driver's license)
- Currency – it is typically best to change the currency once you arrive in Mexico due to the exchange rate. Depending on your spending habits, about \$200 USD should cover your “cash” needs.
- Credit cards
- Medical insurance card
- Travel insurance
- Maps and guides
- Contact information for Merida and emergency number(s) at Polk State
- Tickets

Luggage and Technology

- Neck wallet or money belt or waist bag
- Backpack for day-trips if desired
- E-book reader / tablet / notebook / laptop
- Headphones/earbuds
- Extra batteries / charger
- If you don't use your smartphone as your alarm and camera, bring those items as needed.

Clothing

- Socks – to wear with walking shoes and for men to wear with work shoes
- Shoes – comfortable shoes for lots of walking; and business-appropriate work shoes
- Flip-flops / sandals
- Ladies – no shorts: you may wear long pants, jeans, skirts, and leggings (with a tasteful top), but shorts are not appropriate under any circumstances in Merida. Use the “fingertip” rule for skirt dress length as well.
- Ladies – no revealing clothing: keep tops/blouses/shirts/dresses conservative (no cleavage, no see-through, not too short, not too tight)
- Men – ask in advance if your workplace requires a suit and tie, but prepare to at least wear “business-ready” clothing for your internship site (dress pants, belt, collared shirt, dress shoes with socks at a minimum).
- Men – shirts with collars for work, but shirts without collars are fine for “sightseeing” attire.
- Tee-shirts – no offensive or political slogans, remember that you are a visitor
- Swim trunks / Swimsuit
- Cover-ups (e.g., sarong)
- Personal selection of workplace clothes – again note that you should dress as businesslike as you would in a similar setting in the US. Your “sightseeing” attire is not appropriate at work.
- Accessories and jewelry – keep jewelry to a minimum/conservative
- PJs / Loungewear
- Active-wear (exercise, sightseeing)
- Other?

Food and drink

- Note: you will not be able to take open food or produce in or out of Mexico.
- You will have meals with your home-stay family and there is much local food to be enjoyed; however, there are some familiar treats such as Starbucks and McDonalds available as well.

Medicines

- Prescription medications
- Cipro (by prescription) for digestive problems, note: drink bottled water, drink alcohol responsibly, limit the coconut drinks, manage your exposure to sun as preventative measures)
- Vitamins or supplements
- Motion sickness pills or wristband (the patch is NOT recommended due to severe side-effects)
- Band-Aids and antibiotic ointment
- Drugs of any kind: if it is illegal in the US, it is illegal for you in Mexico.

Extras

- Phrase book / English-Spanish Dictionary
- Travel pillow

To do

- Charge all batteries
- Make photocopies of travel docs and itineraries – upload all documents into Higher Reach
- Call credit card company/bank to notify them about your travel plans (!)
- Check for medical coverage or procure travel insurance
- Check for required vaccinations
- Check all carry-on luggage for sharp objects, place liquids in zip-lock bags.