Suggested Packing List
Mexico Program, January 2-19, 2008

PACKING TIPS

- **DO NOT OVER PACK.** Remember, whatever you bring, you’ll have to carry.
- Luggage combinations that students have found to be convenient are: (1) a medium-sized suitcase and a backpack or (2) one large backpack for everything with a smaller backpack for day trips.
- Your clothes should be sturdy, comfortable, wrinkle-resistant and easy to launder (Laundry Available in: Merida, Campeche, & San Cristobal).
- A small number of articles which may be worn in a variety of combinations is preferable to complete outfits. Blue jeans are fine for classes and travel. Take old clothes that you can discard.
- The weather in San Cristobal (4 nights of the trip) is cool in the evenings, so be prepared for this with your clothing selections. You may want a heavier sweater/pullover and a light jacket/sweater for evenings in San Cristobal.

ITEMS TO PACK

**Clothes:** *(Layering is the way to go)*

- 1 pair of good walking shoes
- 1 pair of “Tevas”/similar or a pair of shoes you do not mind getting wet.
- 1 pair of flip-flops
- underwear
- socks
- 5-6 T-shirts
- 2-3 shorts
- 2-3 pairs of pants (or some combo of pants, jeans, dresses, skirts. Nothing Torn).
- 2 long sleeve shirt (i.e. long-sleeve T-shirt)
- 1 sweatshirt or sweater (i.e. warmer long-sleeve layer. Avoid anything bulky)
- 1 light rain jacket (not too bulky)
- 1 hat (a must). You might also pack a bandana.
- 1 bathing suit
- 1 non-bulky towel (for swimming; most of our hotels will provide towels for showers)
- something slightly nicer to wear out at night (presentable, not fancy. Keep it simple.)
- accessories

**Medicine, Toiletries and Miscellaneous:**

- any prescriptions you require (in addition to the CDC recommended malaria prescription)
- toothbrush/toothpaste (pack in zip lock bag)
- soap/face cleaner & shampoo (pack in zip lock bag)
- razor/blades
- tampons/other
- deodorant
- pepto-bismol (or equivalent)
- comb/brush
- Dramamine (for motion sickness)
- aspirin/tylenol/advil/aleve, etc.
- contact lenses/solution (pack in zip lock bag)
- extra pair of glasses
- Sunglasses (highly recommended)
- Sunscreen (a must)
- Insect repellent (CDC recommends with DEET)
__ camera/memory card/film
__ little inexpensive alarm clock (highly recommended)
__ a small flashlight
__ small, folding umbrella
__ writing pad/notebook and pens (for your on-site writing assignments and personal use)
__ course books and other reading materials
__ mesh laundry bag (in Mexico, you’ll drop off your laundry to have it washed)
__ a few zip lock bags
__ small day backpack
__ a money/passport “belt” (either the neck or waist version)

**Important things to carry with you on the plane:**
__ passport (leave a photocopy in U.S. with a trusted family member or friend.
__ airline ticket
__ cash
__ contact lenses and glasses
__ prescriptions and medicines
__ money belt
__ ATM/Credit Cards (leave copies of the front and back of your cards with a trusted family member or friend. Moreover, safeguard the telephone number on the backside of your
ATM/Credit cards and also leave this information with a trusted family member or friend back home.
__ traveler’s checks (I think an ATM card works better in Mexico; I don’t recommend traveler’s checks)
__ reading material

* recommended: leave your laptop, expensive jewelry, and any other material valuables at home.

**Weather (January Averages)**

<table>
<thead>
<tr>
<th>Average January Temps</th>
<th>High (F)</th>
<th>Low (F)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Merida, Tulum, Palenque</td>
<td>84.6° F</td>
<td>63.5° F</td>
</tr>
<tr>
<td>San Cristobal</td>
<td>72.6° F</td>
<td>52° F</td>
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