

Mexico 2015 Packing List

The idea is to pack VERY LIGHT !

[] YOUR PASSPORT (the only absolutely vital thing on this list)

[] Backpack, NO LUGGAGE! – no larger than necessary to contain contents below. Carry-on size is preferred.

[] Very small backpack, fanny pack, or shoulder bag for day cruising.

[] One pair long pants (jeans OK) for horse riding)

[] Shorts (1-2 pairs) – not short...a few inches above the knee.

[] Skirt or dress (modest--not too skimpy) for the ladies

[] Swimsuit -- there is a pool at the Rancho!

[] 2 Shirts (very light - cotton best). White is not practical, darker or pattern OK. Think sun protection and style.

[] T shirts – (qty 2), OK with print, something expressive OK, like Hello Kitty or Seahawks!

[] One warm long-sleeved layer --pile jacket, wool sweater, (for early morning/cool evenings, plus cool airplanes). Light fleece or flannel OK.

[] Underwear, several changes.

[] A bandana or two, many uses (nose wipe, hair restraint, tourniquet).

[] Socks, 2-3 pairs.

[] Shoes: light walking shoes, like sneakers or Converse or the like. Very Light hiking boots OK.

[] Sandals, or flip flops (Tevas or Chacos best) to let your feet breathe.

[] Hat, baseball cap or the like with brim – or...buy a sombrero in Mexico.

- [] Helmet with chin strap--required for biking and horse riding. A normal bike helmet is fine.
- [] Sunglasses, in case (cheap glasses are best) – or buy on arrival for \$3.
- [] Toiletries in ziplock: toothbrush, floss, very small tube of toothpaste,
- [] Small container of foot powder/baby powder (for sweaty feet/pits)
- [] Sunscreen – small tube, not spray.
- [] Disposable razor (if desired).
- [] Deodorant (please).
- [] Thin clothesline and clothespins (optional)--to dry laundry
- [] Medicines: all prescription medications must be carried in their labeled bottle. Eduardo will carry basic med kit including OTC meds (Advil, antihistamine, etc.) and will track medication use.
- [] Camera (optional), + extra memory card, batteries/charging cord
- [] Headlamp or flashlight (very small/compact), check batteries at home.
- [] Journal, sketchbook and pencils/pens--required for reflection activities.
- [] reading book (optional).
- [] A few photos of your family, your dog, your house, you riding a horse, etc. Conversation tools.
- [] Harmonica, flute, jew's harp, etc. (optional). Conversation starter.
- [] Port Townsend/WA state picture post cards, good for gifts and showing where you live.
- [] Water bottle. Can bring a lightweight bottle, or buy one in Mexico and then recycle. Note: It must be empty for the plane ride.
- [] Two or three power bars for emergency snack, NO CHOCOLATE (=melt).

Things you think you might need but DON'T NEED:

Towel. Sleeping bag. Nail clippers/files. Pocket knife. Fluid containers over 3 oz. Aerosols of any type. Jewelry of any significant value or having the appearance of such. Pets...Anything that would normally be confiscated at the airport...since you're not checking any bags on the way to Mexico. On the return flight, keep your souvenir purchases to what you can carry in your backpack, and you'll avoid having to check baggage (since you may have to pay a fee for this).

Mobile devices: The goal of the trip is cultural interaction, so, to "be more present" and interacting with Mexico's opportunities, consider leaving your phone at home, or at least in your room during the day. If it becomes a distraction to you or others, it may be taken away, and returned only for the homeward flight. Consider leaving the phone/mobile at home in the U.S., and bring a small Spanish-English phrasebook instead.

There may be computer access at the Rancho. In the evenings, you may have some time to review your photos, check email, or call home (if you really need to); but these activities should happen outside of group activity time. Laptops are not advised. We really want to avoid spending time online or in front of a screen. For weight purposes...a tablet might be better if serving the same function.

Your total belongings (both bags) should weight no more than 25 lbs. You will carry only two bags: Your main backpack that contains clothing and such...you'll leave this here and there and in your room all day and it will contain stuff that is easily replaced if lost (clothing, toiletries, etc.). The smaller bag (small backpack or shoulder bag) will contain your essentials that you will need during the day, such as money, lip balm, etc.