

NKU Alternative Spring Break 2003 – *Recommended Packing List*

Important Documents

- passport/copy of birth certificate
- visa for Mexico (if you are not a US citizen and are required to have one)
- photocopies of passport and/or visa (carry apart from the originals)
- \$150-200 spending money (recommended to exchange money before leaving for the trip)
- International Student ID

Clothes: The usual stuff plus...

- really old jeans and t-shirts for working
- one nice outfit for dinner
- at least two long-sleeved shirts
- good walking shoes
- hat with brim or bandana
- sweatshirt or sweater
- windbreaker or light jacket (with hood for rain)
- shower shoes

The average March temperatures in Mexico city are 77F (high), 49F (low).

Toiletries and Health Items: The usual stuff plus...

- sunscreen
- antibacterial towelettes or lotion
- toilet paper
- anti-diarrhea medicine (check with your doctor)
- antacid or similar medication (check with your doctor)
- allergy medication (if necessary)
- antibacterial ointment
- band-aids
- granola/protein bars
- aloe vera (or similar) for sunburn
- saline nasal spray

Miscellaneous

- gifts for your host family
- swimming suit
- sunglasses
- wash cloth/towel
- travel alarm (or alarm watch) – inexpensive
- bottled water
- inexpensive camera/film/batteries
- a bag for daily supplies (such as a waist pack)
- money belt
- plastic grocery or Ziploc bags
- small flashlight
- journal and pen
- pocket Spanish/English dictionary / phrasebook
- padlock (for lockers at camp)
- photos and postcards from home to show host family
- work gloves

Donations to Mexican YMCA Youth Programs

- “Teaching materials (games and so on) to teach children about values and self esteem at a pre-school level (mainly). It would be OK if they are in English. Images (without words) are also good.”