

ICEP SPAIN PACKING LIST

Becket-Chimney Corners YMCA

The weather in Spain will be hot and humid, with some rain showers possible in the northern region of the country. The Spanish dress code is fairly casual, so what you are comfortable wearing at home and out camping will work well on the trip. The Spanish tend to dress on the more conservative side, so ensuring clothes are not dirty, ripped, or too revealing is important. Please only bring

what is on the packing list.

ESSENTIAL ITEMS

___ **PASSPORT**– Good for at least 6 months past your return to the US. Sign the photo page and keep a photocopy at home.

___ **LUGGAGE**—Your preference of a backpack, rolling suitcase or duffel with wheels. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself. Bags should weigh under 50 pounds.

___ **DAYPACK**– Like a school backpack, it should be comfortable for hiking and be able to hold a water bottle, rain jacket, change of clothes, and lunch.

___ **WATER RESISTANT LIGHTS RAIN JACKET or SHELL WITH A HOOD (1)**

___ **SLEEPING BAG** –You will need this to sleep at camp. It can be left behind when traveling to Spain. Linens are provided in Spain

___ **PILLOW** – We recommend a compressible travel pillow.

___ **WATER BOTTLES (2)** – Nalgene style (32 oz) is preferred.

CLOTHING AND FOOTWEAR

___ **T-SHIRTS (8)** – 1 dress top/shirt for special events (see “dress outfit”). Quickdry shirts are great.

___ **SHORTS or LONG SKIRTS (4-6 prs.)** –One pair of shorts should be long/ athletic type. Skirts should cover knees.

___ **PANTS (1-3 prs.)** – 2 daily use, 1 dress pant (see “dress outfit”). Pants should be light-weight and able to dry quickly;

___ **LONG SLEEVED SHIRT (2)** – T-shirt or other lightweight material.

___ **MID-WEIGHT VEST or PULLOVER (1)** – Fleece or wool sweater; you will need this at camp.

___ **UNDERWEAR (10-12prs.)**

___ **HAT (1)** – Sun or baseball style hat

___ **SOCKS (8 prs.)** – They should be in good shape; you will take your shoes off frequently.

___ **BRAS (3-4) ___ PAJAMAS (1pr)**

___ **BATHING SUIT (1)** – Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.

___ **DRESS OUTFIT (1-2)** – Comfortable yet presentable for special events *Suggestions:* For boys – a button down shirt and khakis, for girls – a long skirt and shirt, or nice, loose pants and top.

___ **SHOES/SANDALS (2 prs.)** – Comfortable, supportive shoes or sandals.

___ **FLIP FLOPS or CROCS (1pr.)** – For showering.

___ **WATER SHOES (1pr.)** – Separate from showering shoes, to be used for swimming purposes.

___ **SNEAKERS (1 pr.)** – Sturdy, comfortable closed-toe footwear.

MISCELLANEOUS

___ **TOILETRIES** – Enough for the whole trip.

___ **STRONG SUN BLOCK** – SPF 30 or higher.

___ **PADS/TAMPONS** – Female campers should bring them even if you think you will not need them.

___ **TRAVEL TOWELS (2)** – Bring towels that will dry quickly.

___ **CAMERA/Memory Card/Charger**

___ **FLASHLIGHT or HEADLAMP** – Compact with extra batteries. This will be your nightlight.

___ **MONEY BELT OR FANNY PACK** – bring something you can carry money/passport in that is close to your body (not a purse or backpack). You will be responsible for your passport on the program.

___ **WATCH**– It is really important to be on time.

___ **TRAVEL ALARM CLOCK** – You may be responsible for waking up the group during the trip.

___ **BUG REPELLENT**

___ **SPARE EYEGASSES** – For contact wearers.

___ **COLLAPSIBLE BAG** – To hold 3-4 days of clothes for excursions to Nikko and Tokyo. Your daypack could work for this.

___ **EXTRA BAG** – to keep at camp with anything you decide not to bring

___ **UMBRELLA**

OPTIONAL

___ **PHRASEBOOK or DICTIONARY** – Lonely Planet recommended.

___ **BOOKS, MUSIC, GAMES** – For long waits and plane rides. You can bring music or reading devices like IPODs or Kindles without wi-fi access but you are responsible for them. Charging may not always be available, voltage will be different.

___ **ANTI-BACTERIAL HAND GEL**

___ **JOURNAL/ LETTER WRITING SUPPLIES**

___ **MUSICAL INSTRUMENT**

___ **SUNGLASSES**

___ **SET UP SKYPE/ZOOM ACCOUNT-** Participants can use Skype/Zoom accounts to call home

___ **SOUVENIR MONEY** – You will not need any money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring \$60 in US dollars and the rest on a VISA or Mastercard debit card not a visa gift card. Know your pin number and let the company know you are using the card abroad.

***All medications must remain in their original packaging. If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All meds will be turned in to the infirmary while at camp.**

WHAT NOT TO BRING

- **Computers or tablets**
- **Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty**
- **Pocket knives or weapons of any kind**

PACKING LIST GUIDE

Items on the packing list can be borrowed from friends, found in thrift stores, or purchased from most outdoor gear retailers such as REI, Eddie Bauer, L.L Bean, etc. Good deals on items can sometimes be found online at sites such as [Steep and Cheap](#), [Backcountry](#), and [Sierra Trading Post](#).

See below for links to items we frequently receive questions about:

[Waterproof Rain Jacket](#)

[Travel Pillow](#)

[Pack Towel](#)

[Money Belt](#)

[Headlamp](#)