

ICEP SWEDEN PACKING LIST

Becket-Chimney Corners YMCA

The weather in Sweden will be very similar to that in New England. Days can get hot, while nights will be cooler, and rainy weather is always possible. Having appropriate rain gear is essential for the canoe trip (hajk). Non-cotton materials such as wool, fleece and polypropylene (or synthetic blends) will dry faster and keep you warmer than cotton, especially when camping and doing outdoor activities. The Swedish dress code is relaxed, so what you are comfortable wearing at home and out camping will work well on the trip.

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 over long distances (from the airport to the hostel). Bags should weigh under 50 pounds.
- ___ **BACKPACK or COLLAPSIBLE BAG**—A school backpack or medium-sized, compressible bag that can be used to carry clothes and gear on the Hajk. Must fit inside your luggage.
- ___ **SLEEPING BAG with STUFF SACK**— Rated to 20-degrees. You will sleep in this every night. Must fit inside your luggage.
- ___ **SLEEPING PAD** —This is for the canoe trip as campers will sleep on the ground. Foam or inflatable sleeping pads work well. Must fit inside your luggage.
- ___ **WATER BOTTLE** – Nalgene style (32 oz) is preferred.

CLOTHING AND FOOTWEAR

- ___ **PANTS (2-3 prs.)** –1 pair for daily use, 1 dress pant (see “dress outfit”). Make sure one pair is able to dry quickly: non-cotton/non-denim.
- ___ **WATERPROOF RAIN PANTS** – essential! ___
- ___ **SHORTS (3prs.)** – One pair should be long/athletic type
- ___ **T-SHIRTS (6)** – 1 dress top/shirt for homestay orientation/special events (see “dress outfit”)
- ___ **LONG SLEEVED SHIRTS (2)** – T-shirt or other lightweight material.
- ___ **MID-WEIGHT VEST or PULLOVER (2)** – Fleece or wool sweaters to keep warm on the Hajk.
- ___ **WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1)**
— campers who didn’t pack this regretted it!
- ___ **LONG UNDERWEAR (TOP & BOTTOM)** – Polypropylene / Synthetic style for the Hajk while camping.
- ___ **HATS(2)** – One warm winter hat, 1 sun or baseball style hat.
- ___ **UNDERWEAR (8prs.)**
- ___ **BRAS (3-4)**

- ___ **SOCKS (8 prs.)** – At least 2 pairs should be synthetic hiking or wool socks.
- ___ **PAJAMAS (1pr)**
- ___ **BATHING SUIT (1)** – Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.
- ___ **MOSQUITO HEAD NET** – For the hajk, no joke!
- ___ **DRESS OUTFIT(1)** – Comfortable yet presentable for special events. *Suggestions:* For boys - a button down shirt and khakis, for girls - a skirt and shirt, or nice pants and top.
- ___ **SNEAKERS (1 pr.)** – Sturdy, comfortable closed-toe footwear.
- ___ **Tevas/Chacos/Crocs (1pr.)** – These are very useful, particularly for the hajk.
- ___ **FLIP FLOPS (1pr.)** – For showering.

MISCELLANEOUS

- ___ **SLEEPING SHEET and PILLOW CASE** – For your bed at Camp Brevik
- ___ **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.
- ___ **PACK TOWEL** – any towel that will dry quickly
- ___ **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.
- ___ **CAMERA/Memory Card/Charger** –This cannot be your cell phone; cell phones are not allowed.
- ___ **WATCH**– It is really important to be on time.
- ___ **TRAVEL ALARM CLOCK** – You may be responsible for waking up the group during the trip.
- ___ **HEADLAMP** – Compact with extra batteries. This will be your nightlight.
- ___ **SPARE EYEGLASSES** – For contact wearers.
- ___ **MESH LAUNDRY BAG** – At Camp Brevik laundry is done by staff and washed in the bag.
- ___ **BUG REPELLENT** — 25-35% DEET or Picaridin
- ___ **EXTRA BAG** — to keep at camp with anything you decide not to bring

___ **FIRST AID KIT*** – Keep it small and fill it with items you commonly need or use. Leaders will also carry a kit.

OPTIONAL

___ **PHRASEBOOK or DICTIONARY**

___ **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, outlets will be different.

___ **BIODEGRADABLE/ENVIRONMENT-SAFE SOAP**

___ **SMALL, INEXPENSIVE GIFTS** – to exchange with host peers

___ **ANTI-BACTERIAL HAND GEL**

___ **MUSICAL INSTRUMENT**

___ **RECIPES** – For cooking with group

___ **SCARF**– For cold rainy days.

___ **SUNGLASSES**

___ **TRAVEL PILLOW**

___ **JOURNAL/ LETTER WRITING MATERIALS**

___ **Decorations & ideas for America Day** – banners, balloons, postcards, maps, recipes

___ **OUTLET ADAPTOR** – Find them at BestBuy or other electronic stores.

___ **PORTABLE TREE HAMMOCK**

___ **SET UP SKYPE/ZOOM ACCOUNT**– While not guaranteed, participants may have access to Skype/Zoom the first week of the program

___ **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**
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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:

[Sleeping Bag](#)

[Stuff Sack](#)

[Travel Pillow](#)

[Waterproof Rain Jacket](#)

[Work Gloves](#)

[Long Underwear Top & Bottom- Men's](#)

[Long Underwear Top and Bottom- Women's](#)

[Pack Towel](#)

[Money Belt](#)

[Packable Duffel](#)

[Mosquito Head Net](#)

[Sleeping Pad](#)