

Welcome To Pacific Challenge Winter Getaway!



A Summer Downunder

Escape winter for three weeks amidst Australia and New Zealand's stunning mountain, forest and beach environments. Gain insight into Maori and Aboriginal cultures, discover some of the world's most livable cities, and experience firsthand legendary Australasian friendliness. Try rock climbing, white water rafting, caving, backpacking, mountain biking, sea kayaking, dolphin swimming, scuba diving, surfing . . . and more!

- ✓ **No prior experience necessary**
- ✓ **Age range best suited 18-30**
- ✓ **Non students & graduates welcome**
- ✓ **Annual program. Groups depart: December 12th**

Pacific Challenge

We offer unique and extensively researched programs, carefully blending exciting adventure, personal and leadership development, eco-tourism ideals, cultural immersion and bundles of fun!

The option to combine this, with up to 6 US college credit, gives you an unbeatable travel/study abroad experience.

Since its inception, in 1985, Pacific Challenge has taken over 1600 students and graduates on our unique experiential travel programs.

Credit

During this three-week program, you are introduced to a wealth of information regarding the cultures, history and environments of Australia and New Zealand. Numerous geographical excursions, incidental learning experiences, and in-house study sessions contribute to the education structure of the program.

For those students who would like to enhance this educational opportunity with academic credit, 6 upper division semester college credits or the equivalent in quarters, are attainable. Lower division credits can also be provided. Interested participants should indicate this on their registration form. Please note that credit is optional and incidental to this amazing adventure travel experience.

Details

All accommodation, a multitude of adventure activities, most food and all round-trip travel from Los Angeles is included. Each group has 18-19 participants and two leaders. We find this the optimal size for the development of supportive group dynamics, environmentally sound travel and an overall enriching experience for each participant.

Credit & Leadership

Credit Opportunities

Academic credit is an optional, but integral component of this program based on the philosophy that “real world ” educational opportunities are often a far more effective way of learning than following a conventional classroom routine.

Credit earned during the program consists of carefully designed interdisciplinary subject base, carrying up to 6 upper division semester hours, or the equivalent in quarter hour credits. This is primarily offered in conjunction with Winona State University (WSU), Winona, Minnesota, and grades are transferable to most universities in the US.

Study interests include optional coursework in photography, outdoor education, and wilderness first aid.

Class syllabi may be viewed on our website by October of each year. Additionally, registered participants who indicate their interest in taking classes on the registration form will be sent the full class enrollment packet (with syllabi and costs) by Winona State University in October. For questions regarding WSU class syllabi and costs, please contact Dr. Lorene Olson; lolson@winona.edu. Other credit queries should be directed to intern@pacificchallenge.org.

Class facilitation follows this model Pre: Academic meeting; assigned readings; preparation research/questions. During: Research; journaling; study sessions & discussions; seminars; tests. Post: Completion of coursework; hand in paper submissions. It is the responsibility of each student taking credit to develop their own work schedules throughout the trip. Program leaders assist in this.

Please note: As academic credit is optional, tuition costs are additional to the cost of the program.

Program Leaders We’ve selected a dynamic team of supportive, resourceful, experienced and highly organized people to lead our trips. They understand the importance of balancing the needs of individuals with group objectives, facilitating a high level of group cohesion, inspiring a genuine appreciation for the areas visited, and a keen awareness of minimum impact travel ethics. They take every opportunity to give you the time of your life! Meet leaders on our website.

All our leaders are trained in wilderness or remote travel first aid, outdoor leadership, group facilitation and risk assessment/management.

Pacific Challenge and Experiential Education.

We encourage participants not only to learn the intricacies of rock climbing, backpacking, and a host of other practical outdoor skills, but also encourage group development, conflict resolution, confidence, decision-making, and sensitivity to the needs of others. This is achieved by creating a climate of trust conducive to group and self-reflection, giving students input into group tasks, facilitating feedback sessions and tailoring activities to challenge participants at their own level.

Pacific Challenge programs span an ideal middle ground. We take the best elements of the adventure/challenge and personal growth opportunities found in Outward Bound and N.O.L.S. style courses, and use these alongside relevant college classes to create a valuable, rewarding and unique international educational experience.



Itinerary

Important to note:

Amidst this array of adventure activities is woven an informative and educational curricular implemented by our traveling faculty who are with students the entire time.

December-January

Day 1: Travel and Program briefing

Depart from Los Angeles with your fellow travelers and fly to Auckland, New Zealand. Start your day with program orientation and then freshen up with a swim in the Pacific Ocean, before continuing to Waitomo, where we stay in a traditional Maori village.

Day 2: Rappelling and Caving

Get your trip started right away with rappelling into a dramatic limestone gorge, followed by black water rafting, an underground journey amidst waterfalls and caverns.



Day 3: Rafting

Heading east we plunge into whitewater rafting fun on the Kaituna River, which has the largest commercially rafted waterfall in the world! Afterwards, soak it all up in natural hot springs under the stars.



Day 4: Tongariro

Spend the day hiking through diverse volcanic topography, all in the shadow of Mt. Doom (Mt. Ngauruhoe) from 'Lord of the Rings.' Great opportunities for beautiful vista shots!

Day 5: Riverside camping and hiking

Heading south, we camp riverside beneath the starry southern skies. Hike amongst the beauty of the Rangiteiki river and perhaps jump off a 40 ft. dam!



Day 6-7: Wellington

Head south to New Zealand's capital city, Wellington, offering a spectacular harbor backdrop. Explore Te Papa National Museum, vibrant nightlife and excellent cafes.



Day 8-9: Sea kayaking and hiking

Sea kayaking is a great way to experience Abel Tasman National Park. We spend our time hiking and swimming in this beautiful beach wilderness. A chance to try out those panoramic photographs. Here is where you can try an exciting 60-second freefall tandem skydiving!

Day 10-11: Swim with dolphins

Onward to Kaikoura, a small coastal community world famous for its abundant marine life. Kick start the day with a sunrise swim with wild dolphins and spend the rest of the time exploring this unique fishing town.



Day 12-14: NZ's Adventure Capital

Queenstown, the birthplace of commercial bungee jumping, is set amidst a stunning alpine lakeside environment. This is a town with so much to do! Adrenaline adventures abound, including a luge ride high above the city.



Day 15-16: Mountain hiking/backpacking

Mt. Cook National Park is home to many of the highest mountains in Australasia. Snow-clad peaks, glaciers, and wide-open river valleys depict this environment. Options include day and overnight hikes in steep mountain terrain or glacial kayaking.

Day 17: Christchurch

Our last stop in New Zealand. A last chance for souvenir shopping, repacking and then off to Sydney!



Day 18-22: Sydney

A spectacular way to end this trip, as Sydney is one of the main metropolitan hubs of the world! Just as we arrive, a quick ride around the city on Harleys. Other activities include canyoning, rock climbing, and hiking all in the picturesque Blue Mountains. We then sadly must end our trip and fly back to the states, but with plenty of memories!



Please note: Occasionally, minor changes in the itinerary may occur. We will notify participants in advance should this happen

Notes

Program cost for Winter Escape is \$4950

Included in cost

International flights ex-Los Angeles
US departure taxes prepaid with tickets
Visas
All travel in New Zealand and Australia
All program accommodation
Meals (except lunches & independent dinners)
Included activities

Not included in cost

Travel between your home and Los Angeles
NZ departure taxes (\$30)
Lunches and 5 independent dinners
Fees for optional academic credit
Optional activities

Activities Included in Program Cost:

In New Zealand:

Blackwater rafting—Waitomo
Pioneer farm show—Waitomo
Rappelling—Waitomo
Whitewater rafting—Kaituna River
Natural hot springs—Taupo
Day Hike—Tongariro National Park
Te Papa Museum—Wellington
Sea kayaking and backpacking—Abel Tasman NP
Dolphin swimming—Kaikoura
Hiking—Mt. Cook National Park
Gondola and Lugging—Queenstown

In Australia:

Harley Davidson Motorcycle Tour—Sydney
Harbor and city transport pass—Sydney
Canyoning—Blue Mountains NP
Rock Climbing—Blue Mountains NP

Optional Activities

During the program there are opportunities to do extra activities. It is your responsibility to organize and pay for these optional activities; however leaders may coordinate these extra adventures for you. There are also extra hikes and activities you can do that cost nothing.

Below are the **approximate** costs of the many popular optional activities available.

Options in New Zealand:

Tandem skydiving—Nelson \$299
Bungee jumping—Queenstown \$190-425
Heli-hiking/mountaineering—\$200
Horseback riding -- \$80

Options in Australia:

Sydney Opera House show-- \$50-100
Winery tours -- \$70
Hang-gliding -- \$170



Notes

Level of Activities

No prior experience is necessary. All activities and instruction are aimed at the novice level. However, for those experienced in particular skills, opportunities for challenge at your level are facilitated.

Free Days

During the trip, we have allotted free days, reasonably spaced (approximately one per week), in towns or cities where there are sufficient facilities to allow you to catch up on personal needs, laundry, resting, emails and coursework.

Group Size

You travel with 18-19 other participants and two leaders. We've found this to be the optimal size for the development of supportive group dynamics, minimum impact travel, effective planning and safety. We are usually in smaller groups for activities.

Accommodation

Accommodation is diverse, comfortable and carefully chosen to fit our needs, this includes camping, comfortable youth hostels, luxury apartments, lodges, outdoor centers and indigenous dwellings.

Food

Whether a picnic, BBQ or birthday celebration, meals are fresh, tasty, healthy and varied. Food preparation is a fun social highlight shared by all participants. We happily cater for vegetarians. All breakfasts and dinners are provided, except on the 8 free days, where breakfast is provided but not your dinner. Instead we have an „independent dinner, giving you the chance to sample your choice of the fine local cuisine. Lunches and snacks are not provided.

Transport

New Zealand—12 seater vans and trailers
Australia—21 seater bus and trailer

Keeping in Touch

There is Internet access in every town we visit and cost is between \$2-3 per hour. Low cost telephone cards are readily available in New Zealand and Australia, and are more economical than bringing US based phone cards (which often don't work). Phone calls cost around \$.10 per minute.

We have three mail collection points for each group. The addresses and dates we receive mail at these places will be posted on the website at a later time. Skype is becoming a popular way to keep in touch. Go to www.skype.com for details.

Spending Money

People often enquire about the amount of spending money to bring. It is difficult to assess an exact amount. Spending money typically goes towards e-mail, laundry, lunches, snacks, independent dinners, optional activities, souvenirs and evening entertainment. Self-discipline is obviously required with personal funds if budgets are tight. Please use the following table to estimate your spending money.

Lunches, snacks &

Independent dinners (approx. \$10/day) \$550

Airport taxes approx. \$30

Optional activities

(Refer to pg. 7)—your estimate \$

Souvenir shopping &

Entertainment—your estimate \$

E-mail, telephone &

laundry—your estimate \$

Your budgeted spending money \$

Spending money is best carried on credit and debit cards. Please check with your bank that your credit/debit cards can be used in ATM machines in other countries. You will need a pin number to make withdrawals from machines. You may also be able to make over-the-counter (non-pin) cash advances on your credit card at banks. Bring at least two cards, in case you lose one. Replacement is very difficult.

Climate

December and January are the best months to visit New Zealand and Australia, because of their fantastic summer conditions.



Notes

Flights and Airtickets

Participants will be notified by December 1st with their confirmed group placement and flight arrangements. Check the pre-trip portion of our website often for updated information.

The program cost includes international flights, from and returning to Los Angeles, and a flight from Christchurch, New Zealand to Sydney, Australia. Participants are issued with standard group departure and return dates applicable to their group.

Although we prefer you to travel with the group, you may arrange your own airline tickets if you notify Pacific Challenge well in advance. This will reduce your final payment.

Pacific Challenge does not arrange or cover the cost of date and/or routing changes to your ticket. These are your responsibility.

Travel Insurance

If you take WSU credits on the program, you will automatically be charged for travel insurance. This costs around \$250. If you don't take classes through WSU, Pacific Challenge strongly recommends you take out a travel insurance policy unless you are fully covered for overseas travel by an existing insurance policy. Travel insurance is available from most travel agents and insurance brokers, and usually includes the cover of curtailment or cancellation of travel, medical expenses, loss or theft of personal belongings, and personal liability (approx. cost \$200 for 2 months). For more information please refer to the pre-trip info site which we update throughout the fall semester.

Passport and Visas

Travel to Australia and New Zealand requires minimal immigration documentation but **please read the following information carefully.**

A passport is necessary. If you don't already have one, this should be attended to as soon as possible. Passport application forms are available at either your central post office or county courthouse. You will be required to submit 2 passport size photographs, your birth certificate

and proof of identity (e.g. driver's license). The fee is approx. \$50. Your passport is valid for 10 years. Hopefully our program will inspire you to further travel, putting your passport to good use.

If you already hold a passport, please ensure it will not expire before August 2010, or you will need to get a new one issued.

US passport holders do not need a visa to enter New Zealand and your program leaders organize Australian visas for you. Should you wish to stay longer than three months, for work or travel, special visa arrangements need to be made. These are your responsibility. Refer to the pre-trip info site for more flight, insurance and extension information. This site contains the most up-to-date information. www.pacificchallenge.org



HOW TO SIGN UP:

Checklist

- Register for the program: Use form at back of this packet and include your deposit.
- Read additional pre-trip information on the website. This site is updated throughout the fall semester and has the most current info. www.pacificchallenge.org
- Obtain a passport: Refer to page 6
- Before Nov. 1st mail second payment & forms:
 - ⌘ Medical form
 - ⌘ Waiver form
 - ⌘ Copy of your passport
 - ⌘ Use payment slip 2 on pg. 11
- Decide if you are going to take classes
- Before Dec. 1st mail final payment:
 - ⌘ Use payment slip 3 on pg. 11
- If taking optional credit, enroll for classes by Dec. 1 and pay tuition 3 weeks prior to trip departure
- You will be notified of your group and flight details by Dec. 1st. After this:
 - ⌘ Organize travel insurance (if not taking WSU credit)
 - ⌘ Arrange your travel to Los Angeles International Airport
 - ⌘ Talk with your group about stoves and tents
- Organize spending money: Refer to pg. 6
- Clothing and equipment—wish list for Santa!
- Get excited!

Dates

- ☐ **From today:** Registration & deposit
- ☐ **November 1st:** Second payment, copy of passport, medical & waiver forms due.
- ☐ **December 1st:** Final payment due. Course registration due if taking WSU credits.



Payment Schedule

Payment Schedule and Conditions

Total program cost for the Winter Escape program is \$4950. Small price adjustments may occur due to the nature of the economy.

To secure your place on this program, please mail in the completed registration form at the end of this packet with your deposit.

Registrations for this program are accepted year round until the program is full or until December 1st, whichever comes first. Places are allocated on first to register basis and usually fill by late October.

Booking Conditions

Late payments may result in forfeiture of your position. Please ensure payments are received by the due dates. Late payments due to financial aid disbursement or late registration must be cleared by the Program Director, Dr. David Wright (dave@pacificchallenge.org).

Cancellations and refunds

At the time we receive written notice that you must cancel your trip, the following fees may apply:

- From the time of your registration until 45 days prior to departure--\$200.
- 44 days to 30 days prior to departure--\$3200
- 29 days or less prior to departure--\$4000

If you fail to join the program, join it after its departure or leave prior to its completion, Pacific Challenge reserves the right to set the amount of refund (if any). Please note that if the reason for cancellation falls within the terms of any travel insurance policy you hold, the insurance company may subject to the terms of your insurance policy, refund then any such charge to you.



Timeline

Payment 1: Deposit \$200

(Accepted anytime up until program is full or December 1st) Personal check. Due with your completed registration form.

Payment 2: \$4750, November 1st

(Unless late registration) This is to be received no later than November 1st. Cashier's Check preferred. Please include completed Medical and Waiver forms and a copy of your passport.

Tuition Fees for optional classes.

Please refer to class enrollment packet for due date and costs. These are available during October each year.

Make checks payable to: **Pacific Challenge**

Send all payments to:

Pacific Challenge

P.O. Box 1408

Winona, MN 55987

USA

Tuition

Academic credit is optional, thus tuition costs for academic credit are additional to the total cost of the program. Please contact Dr. Lorene Olson, regarding Winona State University course withdrawals and tuition refunds, (lolson@winona.edu).

Financial Assistance

Some financial assistance is available in the form of a short-term deferment of a portion of your program cost. For further information, or to apply, please directly contact the Program Director, Dr. David Wright (dave@pacificchallenge.org)

Other options include personal loans from either personal banks or loan companies. You can apply with or without a cosigner, a few options include:

- ❖ Astrive Loans (approx. 10-13% APR)
- ❖ Sallie Mae Loans (approx. 5-15% APR)

Payment Slip

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Pacific Challenge Payment Slip 1

Please complete this and mail to the address below with your third payment of \$4750, **to be received no later than December 1st.** A receipt will be e-mailed to you.

Final payment of **\$4750** enclosed as **cashier's check**. Or, if other amount & _____

If other amount, please state reason:

Full name of participant:

Email address:

Make checks payable to: **Pacific Challenge**

Mail to: **Pacific Challenge**

P.O. Box 1408

Winona, MN 55987

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Medical Information Form

Please complete in clear printing and return to Pacific Challenge with your second payment. For your safety and the well being of the group, it is imperative that you complete the following information honestly and accurately. All disclosures are confidential.

Personal Information:

Full Name: _____

Age: _____ Height: _____ Weight: _____

In case of emergency contact:

Full Name: _____

Address: _____

Day Phone: _____ Evening Phone: _____

E-mail: _____

Relationship to participant: Mother Father Other

Personal Physician or Medical Group:

Name: _____

Address: _____

Day Phone: _____ Emergency After Hours Phone: _____

Please circle if you have any of the following conditions:

Respiratory problems; asthma Diabetes

Migraine headaches Claustrophobia; agoraphobia; Motion sickness

Skin Disorders Neurological problems; seizures

Muscular-skeletal problems Psychiatric conditions

Any chronic medical conditions Allergic reaction to medication

Any other allergies or illnesses Dietary restrictions or preferences

If „yes

“ to an

should know. Attach another sheet of paper if necessary.

Please detail any drugs or medication you currently take:

Have you had any first aid training? Y N What level and when?

Can you swim? Y N What level of swimming ability do you have?

I will inform the program coordinator or my program leader if any of the above information changes at any time.

Signature: _____ Date: _____

Liability Waiver Form

It is very important for the success of the program and your personal enjoyment during the trip that you read and understand the following: This is a release of liability and assumption of risk form. Please read carefully, sign, and return this together with our medical information form, to Pacific Challenge with your second payment, no later than November 1st.

This form is not designed to intimidate participants, merely to help relieve the pressure on programs like these when confronting the serious liability issues. It should be noted that this program has been running for a number of years successfully and safely. It has been very carefully designed to cater for an adventurous spirit; it is not for hardcore high risk takers. The program leaders are all trained in first aid and experienced in outdoor and group leadership. Leaders will take all reasonable care during the execution and supervision of each activity. Please also note that this program is not covered under university insurance and the program director carries only basic public liability coverage.

It is strongly recommended that all participants take out a travel insurance policy, to cover the possibility of lost luggage, theft, accidental or incidental sickness, travel curtailment and cancellation. Health care in Australia and New Zealand is of high quality and is offered relatively inexpensively to foreign travelers. The bottom line is to expect a pleasantly adventurous, safe and enjoyable look at Australia and New Zealand with leaders who will take all reasonable care.

Release of Liability and Assumption of Risk Agreement

I am aware that during the trip in which I am participating under the arrangements of the organizers and their employees, agents, associates, and contractors, I may be subjecting myself to risks, dangers, and hazards which could result in losses, illness, injury or death. I recognize that such risk, dangers, and hazards may be present at any time during the trip.

In consideration for and as part payment for the right to participate in the trip and the associated activities and services arranged by the organizers and their employees, agents, associates and contractors, I do hereby fully assume all risks of losses, illness, injury and death and, further, I do hereby release and discharge the organizers for any and all losses, damage, illness or injury resulting from my participation in the trip and the associated activities and services.

As well, I agree that I will not sue the organizers, their employees, agents, associates or contractors for any losses or damages incurred as a consequence of my participation in the trip and the associated activities and services caused by the negligent or other acts of the organizers and their employees, agents, associates or contractors.

I agree that the above obligations shall be binding upon me personally, as well as upon my heirs, executors, administrators, and all members of my family.

I have carefully read this agreement and fully understand its contents. I am aware that this is a release of liability and an assumption of risk agreement between me and the organizers and their employees, agents, associates and contractors. I sign this agreement of my own free will, after having been advised that I am free to obtain independent advice on it.

Please note: Signing this form also acknowledges reading and understanding of the booking conditions on pg. 12.

Participant signature: _____ Date: _____

Printed name: _____

Parent/Guardian signature: _____ Date: _____

Printed name: _____

(If over 21 and not on parents insurance—2 witnesses may sign)

Witness 1

Name & signature: _____ Date: _____

Witness 2

Name & signature: _____ Date: _____

Australia/New Zealand Registration

Please complete both sides of this form fully and legibly.

Tape a recent full face photo here >>>>>>>>>>

Full name as shown on passport (no abbreviated names):

Last: _____

Attach Photo Here:

First: _____ Middle: _____

Age: _____ Gender: _____ Birthdate: (mm/dd/yy) _____

Current address: _____

(If applicable)

E-mail address: _____

Current phone: _____ Cell phone: _____

Permanent home address: _____

Home phone: _____ Social Security: _____

Name of primary parent or guardian you will be liaising with regarding this program:

Phone: _____

E-Mail address: _____

Are you a vegetarian? Y N Are you a certified open water scuba diver? Y N

If yes, please bring your card and logbook.

Students only, please complete:

Name of college/university: _____ School ID: _____

Year you expect to graduate: _____ Are you interested in WSU credit? Y N

If not a student, please complete:

Occupation: _____

Title: _____

Employer: _____

Australia/New Zealand Registration

Indicate which Program Year you are registering for. Program departing January:

2010 2011 2012

If you would like to be on the same trip as a friend, please write their name here:

How did you discover Pacific Challenge?

www.studyabroad.com www.goabroad.com Search Engine Flyer

Presentation PC Employee Word of Mouth Other

Briefly explain why you would like to participate on this program and detail your travel experience:

Enclose your registration, the deposit of \$200, as a personal or cashier check. A receipt and confirmation of your acceptance into the program will be forwarded upon payment.

Make checks payable to: **Pacific Challenge**

Mail this form with your deposit to:

Pacific Challenge

P.O. Box 1408

Winona, MN 55987

By mailing this registration, you will begin the adventure of a lifetime. Welcome to Pacific Challenge!

Equipment and Clothing List

The secret to enjoyable travel is traveling light. Keep non-essential clothing and equipment to a minimum. Refer to the pre-trip info site for further gear information. www.pacificchallenge.org

Essential Gear

- ☐ Sleeping bag (compact)
- ☐ Sleeping pad (compact)
- ☐ Sleeping bag liner (can be a sewn bedsheet)
- ☐ Headlamp/flashlight
- ☐ Travel alarm clock/watch
- ☐ Towels (1 regular, 1 small)
- ☐ Water bottle
- ☐ Cutlery set
- ☐ Mug, plate, camp cooking pot
- ☐ Pocketknife (optional)
- ☐ Small first aid kit
- ☐ Sunglasses
- ☐ Sunscreen
- ☐ Insect repellent
- ☐ Personal medication
- ☐ Toiletries
- ☐ 2-4 person backpacking tent*
- ☐ Backpacking stove* (Gas canister or MSR/Coleman fuel type)

*At least half you group will need to bring a tent and/or stove. Your program leader will contact you and coordinate this in December. **Important:** You cannot fly with stove fuel or gas canisters, so please do not pack any.

Optional Gear

- ☐ Small travel pillow
- ☐ Camera/video camera
- ☐ MP3 player/Ipod
- ☐ A good book
- ☐ Rock climbing shoes/harness

- ☐ Disposable contacts
- ☐ Musical instrument

Essential Clothing

Outdoor

- ☐ Sunhat
- ☐ Swimsuit
- ☐ Quick dry hiking/running shorts
- ☐ Waterproof rain jacket
- ☐ Waterproof rain pants
- ☐ Thermal (not cotton) underwear (long top & pants)
- ☐ Warm/woolen hat
- ☐ Warm gloves
- ☐ Woolen/thermal socks (2 pairs)
- ☐ Fleece top
- ☐ Fleece bottoms (optional)
- ☐ Sports sandals (Teva, Chaco, etc.)
- ☐ Hiking boots

Casual

- ☐ Jeans/trousers x 1
- ☐ Shorts x 2
- ☐ Shirts x 2
- ☐ T-shirts x 3
- ☐ Sweatshirt x 1
- ☐ Set of tidy clothing for evenings out.
- ☐ Dress shoes (minimum dress codes are common)
- ☐ Socks x 4
- ☐ Underwear
- ☐ Running shoes

- ☐ Flip flops

Note: It is not uncommon to do laundry every 7-10 days. So pack light and wash regularly!

Documents

- ☐ Airline tickets
- ☐ Passport
- ☐ Travel insurance policy
- ☐ Photocopies of the above documents x 2 (bring one set and leave one set with your family)
- ☐ Credit and debit cards
- ☐ Scuba card and logbook (if you are certified)

Luggage Allocation

Luggage tags are recommended

Checked luggage:

- ☐ 1 medium/large backpack (for backpacking, internal frame)
- ☐ 1 medium duffle bag (soft frame)

Cabin luggage:

- ☐ 1 daypack (for day hikes)