

TURKEY/GREECE: MEDITERRANEAN INITIATIVE CLOTHING & EQUIPMENT LIST

NOTE: *In Turkey, it is important that you dress conservatively in certain areas out of respect for the local culture, especially at the homestays. Shorts should be knee-length, shoulders should be covered, and undergarments should never be seen. Skirts and dresses should be calf-length or longer.*

CLOTHING

- 4 PAIRS OF SHORTS - at least 2 should be SYNTHETIC/QUICK-DRY SHORTS*
- 1 PAIR LIGHTWEIGHT PANTS or CAPRIS
- 8 T-SHIRTS OR TANKTOPS (**NO THIN STRAPS**) – at least 2 should be SYNTHETIC/QUICK-DRY T-SHIRTS*
- 1 LONG SLEEVED SHIRT
- 10 PAIRS OF UNDERWEAR
- 2 BATHING SUITS/BOARD SHORTS
- 2 PAIRS OF CITY CLOTHES (Boys: nice pants/shorts and shirt; Girls: pants/skirt covering knees or longer and shirt covering shoulders. ESSENTIAL for visiting sites in Turkey)*
- 1 PAIR OF PAJAMAS (or preferred sleep wear)
- 1 LIGHTWEIGHT SWEATSHIRT OR FLEECE (for travel and breezier nights)

FOOTWEAR

- 1 PAIR TEVAS OR FLIP FLOPS*
- 1 PAIR TENNIS SHOES (for city days and community service work)*

BEDDING

- SLEEPING BAG (40+ degrees) OR SLEEP SACK*
- COMPRESSION SACK FOR SLEEPING BAG/SLEEP SACK*

LUGGAGE

- BACKPACK (4,500—5,000 cubic inches) or ROLLING DUFFLE*
- DAYPACK*

ACCESSORIES

- PERSONAL MEDICAL KIT (See **Clothing & Equipment Glossary** for recommendations)*
- 3 WATER BOTTLES (must total 3 liters, any combination of Nalgene or Camelbak)*
- 2 LARGE STUFF SACKS*
- 3 LARGE ZIPLOCKS AND 2 MEDIUM TRASH BAGS (for storing wet clothing)
- 1 LIGHTWEIGHT BEACH TOWEL
- 1 QUICK-DRY TRAVEL TOWEL*
- HEADLAMP AND 1 EXTRA SET OF BATTERIES*
- INSECT REPELLENT WITH 20-35% DEET*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small travel bottles)
- SUNGLASSES*
- SUNSCREEN (SPF 30 or higher, waterproof)
- ALOE LOTION
- BASEBALL CAP/SUN HAT
- WATCH w/ALARM* (cell phones and other wifi devices will be collected and not available to use as an alarm)
- CHAPSTICK WITH U/V PROTECTION
- NOTEBOOK/JOURNAL & PENS
- SPENDING MONEY (see **International Fact Sheet** for details)

FORMS AND DOCUMENTS

- PASSPORT AND PHOTOCOPY OF PASSPORT
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- SMALL DONATION/GIFT FOR HOMESTAY FAMILIES (photos or mementos to share from home, small games, books, stickers, art supplies)*
- 1 RASH GUARD (for sun protection)*
- 1 SMALL COMPRESSIBLE TRAVEL PILLOW (**NOT A BED PILLOW**)*
- CAMERA, MEMORY CARD & CHARGER (OR EXTRA BATTERIES)*

***Please reference the Clothing & Equipment Glossary for more information on these items.**

TURKEY/GREECE: MEDITERRANEAN INITIATIVE CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. The synthetic materials suggested are chosen for their insulation (even while wet), their breathability and light traveling weight. Keep in mind, once cotton is wet it could be uncomfortable and difficult to dry.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

SYNTHETIC/QUICK-DRY SHORTS: These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic or swimming shorts.

SYNTHETIC/QUICKDRY SHIRTS: These shirts are 100% synthetic and are able to keep you warm when they are wet. They also dry much more quickly than cotton. An example of these are athletic shirts or workout tops.

CITY CLOTHES: The communities we visit in Turkey are very conservative and it is essential for students to dress appropriately, especially when visiting sites in Istanbul and staying with our host families. For this reason, it is required for all our females to wear pants or long skirts below the knees and for boys to wear long shorts or pants. Females will also need to cover their head and shoulders when visiting certain sites.

FOOTWEAR

TEVAS OR CHACOS WITH HEEL STRAP: Chacos or Tevas (like Keens) are great for any water activity. Be sure that the sandals have a heel strap so they don't fall off your feet when swimming.

TENNIS SHOES: These should be a pair of shoes that are comfortable. These shoes will be your everyday shoes that have been broken in as the program consists of heavy walking days in the cities. They will also be the shoes you wear while doing community service projects.

BEDDING

SLEEPING BAG: Your sleeping bag should be comfortable for temperatures down to 40 degrees, lightweight, compressible and filled with synthetic fabric or down. We would prefer synthetic fabric over down. Down provides no warmth if wet and will take much longer to dry.

OR

SLEEP SACK: Alternatively, you may choose to purchase a "sleep sack" which is a sheet sewn together on three sides like a sleeping bag. Sleep sheets are rectangular sleeping sacks that are like a lightweight version of a sleeping bag. They are thinner and more compact than a sleeping bag, making them ideal for travel, especially in warmer climates. They are light and easy to stuff into a backpack.

COMPRESSION SACK FOR SLEEPING BAG OR SLEEP SACK: A small nylon sack used to compress your sleeping bag/sleep sack to a smaller size making it easy to fit in a backpack (usually comes with a sleeping bag/sleep sack when purchased).

LUGGAGE

BACKPACK: Your backpack should be large with ample room to carry all items on the clothing list in addition to smaller pieces of group gear (each student is responsible for carrying pieces of group gear and food and you should allow some space in your pack for these items). Your backpack should be at least **4500 cubic inches in size** and have a well-fitting padded waist strap and padded shoulder straps. It is recommended to be store-fit/sized to fit appropriately.

OR

ROLLING DUFFEL: Your wheeled/rolling duffel should be large with ample room to carry clothing, gear, and any other items you may be bringing. This bag should be at least **4500 cubic inches in size**.

DAYPACK: Your daypack can be your school book bag or something similar. We use these for day activities or on travel days when a large backpack is unnecessary or inaccessible.

ACCESSORIES

PERSONAL MEDICAL KIT: All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. With the exception of the antibiotic, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician.

For this program, ARCC recommends the following items:

- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)
- Small bottle of hand sanitizer
- Motion Sickness Medication (for sailing in the Greek Islands)
- Antibiotic (eg. Ciprofloxacin)

WATER BOTTLES (NALGENE OR CAMELBAK): Hydration is the key to a healthy adventure. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. For this program, you may bring any combination of Nalgene bottles or Camelbak pouches, but it is **IMPORTANT** that your total capacity is at least **3 liters**.

STUFF SACKS: Stuff sacks are small nylon bags used to organize clothes and gear in your backpack. We suggest two stuff sacks approximately 8" x 20" in dimension. 'Compression Sacks' (stuff sacks that compress to a smaller size) can also come in handy.

QUICK-DRY TRAVEL TOWEL: A quick-drying towel to be used for showers taken in between activities. There are several brands, such as Travel Towel®, and they are inexpensive and a nice alternative to cotton.

HEADLAMP: Headlamps are flashlights with a headband so that the user can have both hands free to cook or do camp chores. Please bring 1 extra set of batteries.

INSECT REPELLENT: ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

SUNGLASSES: We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi devices will be collected and not available to use as an alarm.

OPTIONAL

SMALL DONATION FOR HOMESTAY FAMILIES: During one of our community service sections, we'll be staying with a homestay family for 2 nights. It is a nice Turkish custom to bring a gift when welcomed into another person's village. Appropriate donations for families/children are things like small games, books, stickers, art supplies, etc. They also love learning about your family and where you come from. Students in the past have brought photos and a memento from home they can share with their homestay family. This is completely optional.

RASH GUARD: This is a long-sleeve shirt used to help protect your body from the sun. They can be used while canoeing, sailing or swimming. Generally they are made of a synthetic material and can be found at any surf shop. You may also find them at some outdoor stores like REI.

TRAVEL PILLOW: This is a **SMALL** compressible travel pillow which can be found in camping stores or REI, **NOT** a bed pillow!

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. Small digital cameras are a nice combination of size and weight. Be sure to bring at least one memory card, your charger and/or extra batteries. ARCC does not reimburse the cost of lost, damaged, or stolen property. Remember that your cell phone and other wifi-devices will be collected and not available to use as a camera.