

# AUSTRALIA/FIJI: ISLAND VILLAGE INITIATIVE

## CLOTHING & EQUIPMENT LIST

### CLOTHING

- 1 PAIR LIGHTWEIGHT PANTS\*
- 4 PAIRS OF SYNTHETIC/QUICK-DRY SHORTS\*
- 6 T-SHIRTS – at least 2 should be SYNTHETIC/QUICK DRY SHIRTS (girls must have shoulders covered in Fijian villages)
- 2 LONG-SLEEVED SHIRTS
- 10 PAIRS UNDERWEAR
- 2 BATHING SUITS/BOARD SHORTS
- 2 SETS OF CASUAL CLOTHES FOR CITY DAYS (pants/jeans & shirt)
- 1 CONSERVATIVE SHIRT (collared shirt) FOR FIJIAN VILLAGE CEREMONY
- 1 LIGHT RAIN JACKET\*
- FLEECE JACKET OR SWEATSHIRT\*
- 1 PAIR OF PAJAMAS (or preferred sleep wear)

### FOOTWEAR

- 1 PAIR TEVAS/CHACOS OR FLIP FLOPS\*
- 1 PAIR LOW HIKING SHOES, TRAIL RUNNING SHOES OR TENNIS SHOES (well broken-in)\*
- 3 PAIRS OF SOCKS

### BEDDING

- SLEEPING BAG (40 degree or light weight bag)\*
- COMPRESSION SACK FOR SLEEPING BAG\*
- SLEEPING PAD\*

### LUGGAGE

- BACKPACK (4,500-5,000 cubic inches)\*
- DAYPACK\*
- SMALL LIGHTWEIGHT DUFFEL BAG – **Must be packed EMPTY** inside your main bag (used to store extra clothing/gear during certain activities)\*

### ACCESSORIES

- PERSONAL MEDICAL KIT (see **Clothing & Equipment Glossary** for recommendations)\*
- 2 LARGE QUICK-DRY TRAVEL TOWELS\*
- 1 LIGHTWEIGHT BEACH TOWEL
- HEADLAMP\*
- 2 WATER BOTTLES (must total 2 liters, any combination of Nalgene or Camelbak)\*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- BOWL, SPOON, FORK (plastic)\*
- INSECT REPELLENT WITH AT LEAST 20-35% DEET\*
- SUNSCREEN (minimum SPF 30) & ALOE LOTION
- SUNGLASSES\*
- BASEBALL CAP/SUN HAT
- WATCH w/ ALARM\*
- 3 LARGE ZIPLOCKS AND 2 MEDIUM TRASH BAGS (for storing wet clothing)
- MONEY BELT OR SMALL PURSE (to keep valuables)
- JOURNAL/NOTEBOOK & 3 PENS
- SPENDING MONEY (see **International Fact Sheet** for details)

### FORMS AND DOCUMENTS

- PASSPORT & PHOTOCOPY OF PASSPORT\*
- AIRPORT MEETING INFORMATION FORM
- CURRENT DIVING CERTIFICATION & PHOTOCOPY OF DIVING CERTIFICATION (if applicable)
- 2 PASSPORT-SIZE PHOTOS (for SCUBA certification card)

### OPTIONAL

- DONATIONS FOR FIJIAN ELEMENTARY SCHOOL (ex: used or new books, notebooks, pens, coloring books, art supplies)\*
- 2 SMALL STUFF SACKS (for organizing gear)\*
- 1 RASHGUARD (for sun protection during SCUBA/snorkel)\*
- LIGHT WOOL/FLEECE HAT\*
- CAMERA, MEMORY CARD & CHARGER (OR EXTRA BATTERIES)\*
- POWER ADAPTER/CONVERTER
- TRAVEL PILLOW (NOT a bed pillow!)\*

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

## **AUSTRALIA/FIJI: ISLAND VILLAGE INITIATIVE CLOTHING & EQUIPMENT GLOSSARY**

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort than you ever thought possible. You can add or subtract clothing to control a comfortable body temperature for yourself. The synthetic materials suggested are chosen for their insulation (even while wet), their warmth and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold.

**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**

**LIGHTWEIGHT PANTS:** To be worn for protection from bugs, sun and wind. These can be athletic pants, linen pants or something you find comfortable when moving around.

**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/QUICK-DRY 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.

**RAIN JACKET:** Either strong coated nylon or Gore-Tex jacket works best. We recommend raincoats with a built-in hood. Thin nylon ponchos are not acceptable as they tear easily.

**FLEECE JACKET:** This is recommended for extra warmth at night and during our time in Sydney.

### **FOOTWEAR**

**TEVAS OR CHACOS WITH HEAL STRAP:** Chacos, Tevas or river sandals (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.

**LOW HIKING SHOES, TRAIL RUNNING SHOES OR TENNIS SHOES:** These will be your primary walking shoes. Trail shoes are typically lighter weight than hiking boots and are not as bulky. You should find a shoe that gives you a lot of support and one that has a good rugged sole. The more traction the easier it will be to walk on varied terrain. As with hiking boots, when trying low hiking shoes on, be sure to wear the same socks you are bringing on the trip (see Clothing & Equipment List) and walk around the store for 20 to 30 minutes to make sure that the shoes are comfortable and a good fit – it is worth the extra time! If you decide to bring tennis shoes, make sure they provide good support and are comfortable for long days on your feet.

### **BEDDING**

**SLEEPING BAG:** Your sleeping bag should be comfortable for temperatures as low as to 40 degrees (or a similar type of lightweight bag). It should be easily 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.

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

**SLEEPING PAD:** The sleeping pad is used for comfort when camping. Pads come in two styles: 1) self-inflating brands, such as Thermarest®, which tend to be more comfortable, but more expensive and heavier to carry and 2) closed-cell foam types, such as Ridgerest®, which are much lighter and significantly cheaper. Both styles are appropriate for your ARCC adventure.

### **LUGGAGE**

**BACKPACK:** Your backpack should be large with ample room to carry everything listed on the equipment list with extra space to spare (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.

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

**SMALL LIGHTWEIGHT DUFFEL BAG:** This lightweight, nylon duffel is used to store items that you will not use during specific sections of your trip. Please bring a **small nylon duffel** which can be folded and packed into your backpack when you travel to your trip. This duffel **MUST be packed EMPTY** inside of your large backpack, and should **not** be checked as a separate piece of luggage for your flight.

## **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:

- Extra Motion Sickness Medication (for live-aboard boat in Australia)
- Anti-itch cream
- Pepto Bismol
- Imodium
- Electrolyte packets (eg. Emergen-C)
- Small bottle of hand sanitizer
- Antibiotic (eg. Ciprofloxacin)

**QUICK-DRY TRAVEL TOWEL:** A large 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.

**WATER BOTTLES (NALGENE/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 trip, you may bring any combination of Nalgene bottles or Camelbak pouches, but it is **IMPORTANT** that your total capacity is at least **3 liters**.

**BOWL, SPOON, FORK (plastic):** These items will be used for eating and drinking while on your trip. The spoon and fork should be of heavy duty plastic, which can be found in the camping section of sports stores. A "Tupperware"-style bowl works well.

**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 trip 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.

## **FORMS AND DOCUMENTS**

**PASSPORT AND PHOTOCOPY OF PASSPORT:** A valid passport is required for travel to Vietnam and Cambodia. Please double-check that your passport is valid for at least 6 months after the start date of your program. Your leaders will hold on to your passports for safekeeping during the program, but you should carry a copy of your passport in your luggage.

## **OPTIONAL**

**DONATIONS FOR SCHOOLS:** During our community service sections we'll be visiting communities with schools that greatly appreciate receiving school supplies. Appropriate donations are things like books, pens, pencils, paper, art supplies, etc. You may also consider bringing flip flops or a small amount of money to purchase donation items in country. This is completely optional.

**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.

**RASH GUARD:** This is a long-sleeve shirt that can be used as a great protector from the sun and can be used while snorkeling, diving or on the beach. 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.

**LIGHT WOOL OR FLEECE HAT:** These are made of fabric (non-cotton) perfect for activities at varied temperatures. Sydney can get chilly, so it's better to be prepared.

**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. The waterproof/disposable cameras are also a great choice for this program. ARCC does not reimburse the cost of lost, damaged, or stolen property. Cell phones and other wifi devices will be collected and not available to use as a camera.

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