



Kingdom of Bhutan 2019 RSGC & SMLS — Packing List

Please pack as lightly and compact as possible as you will be carrying your own luggage. Temperatures will vary due to activities and altitude. It's important that you pack with layering in mind. Bhutan is generally a formal place. Skirts above the knee, tank tops and revealing tight clothing are prohibited.

We will review all packing requirements at our group pre-departure meeting.

Gear

- Backpack 70L Max & small day pack
- Wind/water-proof Gore-Tex Jacket
- Waterproof rain pants
- Headlamp/flashlight (with extra batteries)
- Camera
- Sunglasses (polarized are ideal)

Clothing

- 4 t-shirts (Conservative, no sleeveless)
- 2 long-sleeved shirts
- RSGC shirt with summer dress pants
- SMLS shirt with dress pants or long skirt
- Fleece or thermal Poly-Pro shirt(s)
- Fleece or Wool Sweater and thin down jacket
- 2-3 Pairs of Pants (1 quick dry, 1 or 2 jeans/cords/khakis - no ripped or skinny jeans)
- 1 Pair shorts
- Long-johns top & bottom for colder areas/night
- Pajamas (warm)
- Underwear
- Swimsuit

Health & Toiletries

- Bandana
- Travel towel
- Insect repellent (not aerosol)
- Zip-Lock bags (small and large)
- Toilet paper in zip lock bag (1-2 rolls)
- Personal medicines (Must see Travel Doc)
- Personal first aid kit (band-aids, lozenges, etc.)
- Hand sanitizer
- Sunscreen lotion
- Lip balm with UV protection
- Toothbrush, toothpaste
- Biodegradable shampoo & soap
- Feminine hygiene products

Head, Hands & Feet

- Brimmed sun hat
- Toque /Ski Hat
- Gloves
- Wool or synthetic socks
- Trainers or casual shoes
- Waterproof hiking boots
- Lightweight flip-flops or sandals

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Must Have Items

- Luggage ID tags
- Passport (bring 1 photocopy with you and leave one at home)
- Money belt, debit card and U.S. cash
- Journal & pens
- Insulated water bottle (1L) with carabiner
- Travel alarm clock or watch

Optional Items

- Small photo album to show images of Canada
- Playing cards, books, guidebook
- Thin sleeping sheet
- Ear plugs
- Small Canada flag pins or patches
- Hemp and beads for bracelet exchange at Utpal Academy

Travel Medicine Considerations

Everyone's health and well-being on this incredible journey is of utmost importance. Each participant must visit a Travel Doctor to ensure that all pertinent vaccines required are up to date. As well, your Travel Doctor may provide you with prescription medication that you may choose to carry with you. You will be asked to provide proof to your respective lead teachers from your school. When speaking to your Travel Doctor, let them know that you will be in the following regions: Paro, Thimphu, Punakha and the Haa Valley, Bhutan. We will also be spending 1 night in transit (TBD). Being prepared from a preventative standpoint is important before, during and after your trip.

Suggested Comfort Items

- 5 packages of juice crystals (ex. crystal lite/ Gatorade)
- Tea bags of choice (8 - 10 tea bags)
- Familiar food items (small and easy to pack, ie., 6-8 granola bars, Cliff bars, protein or fruit bars)

EXPERIENCE *and* **TRAVEL**
THESE ARE AN EDUCATION
IN THEMSELVES.

Five ways to prepare for engaging in international service learning programs.

1 Be aware

Look for the criticisms and be willing to engage in the conversation about the value of help.

2 Do your homework

Read, search and immerse yourself in the history, political, economic, cultural and religious influences of the region you are traveling to. By understanding the area better you will be able to avoid placing your own societal reflections on the place and people.

3. Ask hard questions

Contact the service provider and tell them what you are thinking. Ask them how they evaluate program effectiveness, build long-term relationships and why they are involved in international service work to begin with.

4. Prepare yourself

Spend time understanding yourself, this will allow you to be more open-minded during your experience.

5. Look deeper

Plan ways to reflect during your program, bring a journal, create a set of questions that you want to think about prior to departing and most importantly, plan time post-trip to reflect on the experience.

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