

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 arm winter hat, 1 sun or baseball style hat.
- ___ UNDERWEAR (15prs.)
- ___ BRAS (3-4)

- ___ SOCKS (15prs.) — 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

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
- ___ 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
- ___ 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.
- ___ CELL PHONE – It is recommended to have your cell home for ease of communication with trip leaders and family back home. However, it is not required.

***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

- o **Computers or tablets**
 - o **Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty**
 - o **Pocket knives or weapons of any kind**
-