

Semestre en México

Ideas on what to bring...

Bring *comfortable* clothes. Remember we need to be respectful of the culture and mores of the Mexicans. They do have stores and shopping areas in Cuernavaca, and you may want to purchase some of these items there rather than packing them from home. Clothes shopping in a host country can be an experience in itself! Pack as light as you can. Don't take anything that you wouldn't be able to part with (intentionally or unintentionally). The weight limit for airlines is now 50 lbs. per suitcase. You must be able to carry your own bags, and please be aware that luggage wheels are not very useful on cobblestone streets.

Money: ATM machines are abundant – check with your bank regarding fees assessed per transaction. Many small stores do not accept credit cards. Traveler's checks are a good way to have a reserve on hand, can be cashed at a bank or currency exchange, and can be replaced if lost or stolen.

Identification: Passport and a second form of identification, e.g. driver's license. **Make sure you send Dave the copy of the page with your picture and ID before we leave.** We will be making a set of copies to bring along, and another set to stay behind in Duluth.

AVOID BRINGING VALUABLES, e.g. expensive jewelry and watches.

Clothing

Everyone: Plan to bring at least one *decent* outfit in case you get invited out to a good dinner, a celebration, quinceañera, etc.

Pants/jeans: Jeans work well in most situations. They are hard to wash by hand, however.

Shorts: Men usually don't wear shorts in public except at beaches/pools/athletic situations. Women should not wear shorts that are way short.

Tops/t-shirts: You'll be able to dress very casually while at Quest, but in many places bare shoulders or revealing clothing is unacceptable.

Women: Consider bringing a skirt or dress for the unexpected fancy occasion.

Men: Throw in a tie. You may never wear it, but if the opportunity comes up . . .

A sweater, sweatshirt, or light jacket. It will get cool in the evenings, especially in November and December.

Pajamas or other sleepwear.

Shoes. These should be comfortable and sturdy. You will be walking through mud and down dirt streets, paths, and roads. Bring a pair of sandals.

You may want to consider flip-flops or thongs for wearing in the shower.

Swimsuit/towel. Pillows, sheets, and bath towels and washcloths are provided, but you may want to bring your own towel for swimming.

Underwear, cotton preferred

Socks

Rainjacket. The first month you are there is during the rainy season.

Miscellaneous Items—many of these are available in Cuernavaca

Consider bringing these items. You may not need to bring all of these with you. Remember to pack light.

Bring your Student ID card. Sometimes you will be able to take advantage of student discounts with it.

Medications—prescriptions [and keep a list with their names, dosage, etc). Epi-Pens. Medications for your usual discomforts. If you wear a medical bracelet, please bring it and let the accompanying faculty know that you have it.

Something to deal with Montezuma's Revenge, should you get it. The usual over the counter medicines are Maalox, Pepto-Bismol, and Lomotil. Acidophilus tablets (acidophilus is the name given to the live bacteria in yogurt) are reported to work well as a preventative. The others are taken only after you get it. In general, it is best to let the revenge work its way out of your system rather than block it all in. Use these medications if you and the group are going to be traveling or away from easy access to bathrooms.

Toiletries—shampoo, conditioner, hair dryer (probably not necessary), soap, razor, lotion, deodorant, comb, floss, toothbrush/paste, nail clippers, talcum powder. All of these items are available in Cuernavaca.

Telephone card—make sure it will work in Mexico. These are widely available in Mexico. Public phones take cards rather than coins.

Sunglasses

Sunscreen

Hat/visor for sun protection

Water bottle

Reading material

Radio/Portable CD player

Alarm clock

Journal/Pens

Camera and film

Money pouch

Passport (send Dave a copy)

Health insurance information

Personal resources for prayer/reflection

Travel sewing kit

Playing cards, small games

Insect repellent

Ladies—feminine hygiene products

Pictures of family, friends and pets

Day pack/fanny pack/small backpack

Address book, e-mail address

Small gifts—for adults and children

Spare glasses/contacts or a copy of the prescription

Don't have people mail packages to you in Mexico from the US. You will have to pay at least \$20 to get the package out of the post office.

Buy a travel guide to Mexico and read the information about the Cuernavaca area and Mexico City.

Class Supplies: Textbooks, paper, pens, journal for class, laptop, Spanish/English dictionary

Leave room in your baggage to bring things home. **Don't overpack!**

Make sure you can carry what you bring!

Remember that airlines prohibit the transportation of many sharp items or potential weapons.

(Try to get an absentee ballot so you can vote in the primary elections, which will be held shortly after we leave home. Check with your local city administrator's office for details).

Travel information and advisories for Mexico. The following is the US Department of State Website for travel information and travel advisories for Mexico. Please take the time to read through this site.

<http://travel.state.gov/mexico.html>