



EMBRACE CHALLENGE.
DISCOVER YOURSELF.

WHAT YOU SHOULD BRING FOR THE TRIP

GIJÓN: Could be cold and rainy (Upper 30s-40s F) or sunny and nice (60s F)

CHINA: Expect temperatures ranging from upper 30s to 60s F

COSTA RICA: Expect temperatures ranging from 65 to 80 F

- a. **PASSPORT! You cannot leave the country without it!**
- b. An outlet adapter to use with electronic equipment such as cellphones and computers. Computers and cellphones do not need a converter. Do not bring hairdryers, etc. that would not work without a converter (electric current is different). Borrow or buy a hairdryer if you need one.
- c. Laptop (optional, but you are responsible for it).
- d. Cell phone and cellphone charger that can be used in Europe, Costa Rica, or China (optional) (check with your carrier to add an international service if you wish to do so).
- e. Travel Pouch: to carry your money, passport, and credit card. Do not leave valuables unattended or in a purse or backpack that can be easily opened/accessed without you noticing it.
- f. A backpack and/or cross body purse (to carry food, a sweater, a camera, etc.).
- g. **Comfortable WALKING shoes and SNEAKERS (you will be walking a lot. 4 hours a day on average).**
- h. **MODEST and NEAT** clothing: winter jacket (for 30-40 F degree weather, spring jacket, raincoat, sweatshirts, sweaters, jeans, pants, long sleeve shirts, few T-shirts (**a few of each!** Remember that you **CAN** do laundry). **NO sweat pants** at school or on school excursions.
- i. Water bottle.
- j. An umbrella.
- k. Sunscreen (important for Costa Rica, but useful anywhere).
- l. Bathing suit.
- m. Underwear and socks.
- n. Gloves, hat, and a scarf (Important for Spain; we are outside a lot and it can be cold).
- o. Pajamas (modest sleepwear), bathrobe and flip flops/slippers for the house.
- p. Towel – Must bring one to China. Other countries: Ask your host family if they may lend you one.
- q. Money (\$100 to \$500 cash; you can take out money from an ATM as needed. Make sure the card you bring works in the country you are traveling to!).
- r. Credit card, debit card, or re-loadable prepaid debit card (e.g.: AAA prepaid card) + international phone number on the back of the card. Store the card number and the phone number somewhere other than in your wallet.
- s. Phone and address of your host family, hotel (whenever it applies), and chaperones in a piece of paper.
- t. **GIFTS** for the family. Some suggestions: books with pictures and information about Buffalo, NY State, USA, Nichols School logo items.
- u. In your **checked bag**: deodorant, toothbrush, toothpaste, floss, shampoo/ conditioner, cologne, creams, liquids and clothes.
- v. **In carry on**: Prescription medication (which should be in its original bottle/container), all liquids must be in 3 oz. containers or smaller and in quart sized Zip lock bag.
- w. **A tolerant mind and a flexible disposition.**
- x. **A positive attitude.**