

Packing List & Instructions

SWITZERLAND: GLOBAL HEALTH & HUMANITARIAN ACTION

During your stay in Switzerland, the weather during your program could be fairly cool and damp, so make sure to bring warm, waterproof clothing. Keep in mind that it is much cooler in the higher altitudes, but in general you will need typical summer clothing such as shorts, sandals, etc.

For your stay in Switzerland, you should bring a two- to three-week supply of clothes. Europeans tend to dress more formally than Americans, particularly in Geneva. Remember that you may need clothes that are suitable to a business environment, such as during formal site visits. The temperature and humidity will vary significantly; make sure to bring a variety of clothes to match with these differences.

You will be responsible for carrying your own luggage. The most important packing advice is to **pack lightly— whether you pack in a duffel bag, a rolling suitcase, or a large backpack, you should be able to carry (not roll) your luggage up two flights of stairs and across the length of a football field.** When determining what luggage is appropriate, it is important to consider the program itinerary and group activities. Travel between cities is often by train or private bus. Whatever luggage you bring, you'll need to be able to get it on and off yourself, including up and down aisles, and into overhead storage.

The list on the following page has been suggested by past participants and leaders. You will have opportunities to do laundry while on the program, oftentimes at the accommodations you will be staying. Even though your program may be three or four weeks, pack for about a week. Even though we provide a comprehensive packing list, it is good practice to research the temperature and climate of your program country before you depart. These can vary from year to year, so it is important to check current and expected conditions for your program abroad and pack accordingly.

A Note on Dress

Remember, while traveling with The Experiment, you are an ambassador for the program and should dress appropriately for the country you will be traveling to. You will want your clothes to be comfortable, compact, versatile, and quick to dry (since access to an electric dryer will likely be limited). You will not need more than one nice outfit, suitable for a religious ceremony or celebratory dinner. Shoes should be comfortable, broken in, and versatile—bring as few pairs as possible – 3 is more than enough. Layering is recommended for changing temperatures rather than bringing bulky sweaters and jackets.

Notes from our Team

PRESCRIPTION MEDICATIONS

Make sure to keep any prescription medications or vitamins in their original containers and bring a sufficient amount for the entire duration of your program, plus extra in case of travel delays. Bring a paper copy of your prescription from your doctor in case you lose your medication. Travel with all essential medications in your carry-on luggage. If you are diabetic and traveling with syringes, bring a certificate or letter from your doctor.

RESCUE MEDICATIONS

If you use any rescue medications and or devices (i.e. medications intended for the immediate relief of serious symptoms like an EPI pen or albuterol inhaler) you must travel with one or more backup supplies of this medication or device. (e.g. A participant who uses an inhaler would travel with at least two inhalers, while a participant with a severe allergy might travel with several EPI pens.) Comparable therapies can be very difficult to obtain while traveling.

OTHER MEDICATIONS

While you will not need an entire pharmacy, do bring the medication you normally use for minor ailments like body aches, upset stomach, bug bites, common cold, seasonal allergies etc. A travel first aid kit from your local pharmacy is recommended. All medications should be in original packaging with the package insert if possible, to avoid seizure at customs. Please review the Health Guidelines for more information.

TOILETRIES AND SANITARY ITEMS

Please bring the toiletries and sanitary items you are accustomed to using. It is recommended to bring enough feminine hygiene products for the duration of the program. It is often difficult to find the items you are used to using while abroad.

CORRECTIVE LENSES

If you wear glasses or contact lenses, please bring extra pairs and extra contact cases, as these are often difficult to replace if lost. If you use contact solution to clean your lenses, bring plenty of the type you prefer -- whilst contact solution is available in Switzerland, it is more expensive. Consider program itinerary and activities when choosing appropriate eyewear.

Please direct any questions or concerns to medicalteam@experiment.org.

VALUABLES AND ELECTRONICS

It is recommended, though not required, that you bring a laptop computer. If you bring a laptop, the computer will be your personal property and responsibility. It is recommended that you insure your computer or other valuables for full coverage in the event of loss or theft. The Experiment is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.

The Experiment is not responsible for any items lost, misplaced or stolen. It would be best to not bring other large electronics, hairdryers, or other items that you would consider expensive to replace. If you choose to bring small electronics (your digital camera or cell phone) remember to bring your own adaptor, batteries, and voltage converter (which can be obtained from a travel store or pharmacy. Before you leave home, it is up to you to research the necessary adaptors, plugs,

and wattage variations. More info about electricity, voltage, and adapters can be found here:
www.worldstandards.eu/electricity/.

CLOTHING RECOMMENDED

- 1 pair neat jeans (no rips/holes)
- 4-5 shirts (one fairly dressy – short and long sleeve)
- 1 light warm sweater
- Underwear (one-week supply)
- Socks (one-week supply)
- Pajamas
- Slippers (people often wear house slippers, more than in the U.S.)
- 1 pair of COMFORTABLE, broken-in everyday shoes which are fairly dressy and good for walking
- 1 pair neat/clean sneakers
- Sports clothes
- 1-2 swimsuits
- 1-2 pairs of long shorts
- 1-2 nice outfit – dress/skirt, button-up shirt and tie, 1 pair of shoes for special occasions
- 2-3 pair pants and/or skirts – casual and dressy

GEAR RECOMMENDED

- 1 reusable and durable water bottle (1 liter) – REQUIRED.
- 1 set of toiletries—should be smaller than your head!
- Extra pair of glasses or contacts and contact solution, if needed
- 1 small (beach) towel—microfiber and quick-dry are great! – REQUIRED
- Sleeping bag liner (sleep sack) – REQUIRED for the excursion
- Small backpack for day trips -- this can be your school backpack. A medium rucksack or equivalent is required for the excursion as you will be on the move every day.
- Sunglasses and hat with brim
- Money belt
- Fold-up umbrella
- Travel watch with alarm
- Small notebook and pens
- French-English dictionary
- Camera, charger, and adapters or extra batteries
- Insect repellent
- Sunscreen and lip protection (SPF 30)
- Travel size detergent, biodegradable if available – Laundry pods or bar laundry soap are great options

- Stuff sacks or plastic bags—small Ziplocs and a few large garbage-size bags (great for wet/dirty clothes and keeping clean clothes dry while traveling)
- School ID—if you don't have one, it's okay

IMPORTANT TRAVEL DOCUMENTS

- Passport, or residency card (if applicable)
- 2 photocopies of your passport stored separately from your actual passport
- Photocopy of visa (if applicable)
- COVID-19 vaccination card (digital and print)

TO PREVENT THE CONTRACTION AND SPREAD OF COVID-19 STUDENTS SHOULD COME PREPARED WITH:

- At least 3 reusable masks (at least double layered) or 28 single use disposable (at least double layered) and gloves for personal protection - REQUIRED
- Hand sanitizer that contains at least 60% alcohol for use when soap and water is not readily available
- Anti-bacterial wipes or solution to wipe down high-touch surfaces, especially while traveling from the U.S.

OPTIONAL ITEMS RECOMMENDED

- Journal and pen
- Mailing addresses for friends and family to send postcards
- Printed photos of family or friends
- Small game of cards, Uno, Bananagrams

Where to start: A great place to visit for these types of travel clothes and gear is an outdoors store such as REI and EMS. These places will have waterproof, light weight, quick drying and versatile clothing options specifically made for travel and backpacking. They can also talk you through layering techniques and give you gear recommendations. These stores tend to be a little pricey so don't forget to check for second-hand outdoor gear stores locally as well!