

# Packing List & Instructions

## SOUTH KOREA: KOREAN LANGUAGE & CULTURE

South Korea: Korean Language & Culture is an active program where you will have the opportunity to visit many different regions of South Korea. The temperature can be hot and humid or cool and breezy during the summers, so bring lightweight clothing that you can layer. Remember that it will be the **rainy season** during your visit, making quick-drying and waterproof clothing ideal.

Gift-giving is also very common, and we encourage small gifts for your hosts, community service leaders, and new friends—small items that reflect your interests are best (e.g., souvenirs from home, magnets, stickers, pencils, U.S. American candies, etc.).

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 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. For more rugged programs with lots of travel and outdoor activities, a larger outdoor camping backpack may be more manageable but certainly not required.

The list on the following page has been suggested by past participants and leaders. You will have opportunities to do laundry while on program, oftentimes during your homestay. 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 and should dress modestly and appropriately. *This is especially important in Korean culture, where street fashion does not necessarily include "destroyed" or revealing clothing. Make sure that all your clothes are acceptable in a religious setting. A temple stay and cultural outings, such as a visit to a UNESCO heritage site, will be a big part of the program.* In general, you will want your clothes to be comfortable, compact, versatile, and quick to dry (since access to an electric dryer will be extremely limited). This is an active program during hot and humid summers, so bring cool, lightweight, dry that covers stomach/chest areas. clothing. Think 107° F and 85% humidity. Shorts are culturally appropriate while cleavage /mid drift are inappropriate. Conservative dress is more acceptable during homestays. You will not need more than one nice outfit, suitable for perhaps 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. Good walking shoes that are also stylish enough for the city are also essential. There are some days when the group walks many miles through Seoul.

Layering is recommended for changing temperatures rather than bringing bulky sweaters and jackets, such as the program component in the mountains.

*Past participants commented that the trendy Korean fashion and shopping opportunities in Seoul made them regret bringing so many of their own clothes.*

## 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.

### PERSONAL FIRST AID KIT & OTHER MEDICATIONS

The group leaders will carry a first aid kit for emergencies whilst traveling with the group, but you should bring a travel personal first aid kit with the medication you normally use for minor ailments like body aches, upset stomach, bug bites, common cold, seasonal allergies, Band-Aids, and moleskin for blisters, etc. With the potential of traveler's diarrhea and the intense heat and humidity, it is important to also bring a personal set of oral rehydration salts/electrolytes, found in travel-friendly power packets to add with water.

Former Experimenters and group leaders also advise that insect bite relief cream/lotion is a must.

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 confiscation 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 as this can also be difficult to acquire abroad. Consider program itinerary and activities when choosing appropriate eyewear.

Please direct any questions or concerns to [medicalteam@experiment.org](mailto:medicalteam@experiment.org)

## VALUABLES AND ELECTRONICS

A laptop is not required for this program, but your laptop and any other technology you bring on program is considered your personal property and responsibility. Before leaving home, remember to back up your computer to the cloud or on a hard drive that you leave at home to safeguard all your data in case your computer is lost or stolen. The Experiment recommends that you insure your computer or other valuables for full coverage in the event of theft or loss. The Experiment is not responsible for any duty tax you may have to pay when you enter each country, theft, or loss.

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. More info about electricity, voltage, and adapters can be found here: <https://www.worldstandards.eu/electricity/>).

## GIFTS

Gift-giving is very common, and we encourage small gifts for your hosts, community service leaders, and new friends—small items that reflect your interests are best (e.g., souvenirs from home, magnets, stickers, pencils, U.S. American candies, etc.).

It is nice to be prepared with a gift to offer your homestay family in gratitude for their hospitality and to share a part of your culture with them. Gifts do not need to be expensive or elaborate. We suggest one or two gifts that the whole family can enjoy; you do not need a gift for each member. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce (for example, a Vermonter could bring a small bottle of maple syrup). Postcard books and other souvenir items from your hometown are good options. Draw upon your personal interests or hobbies for ideas.

## CLOTHING RECOMMENDED

- 1 lightweight sweater/sweatshirt/light fleece
- 1 light rain jacket
- 2–3 cotton t-shirts (no tank tops)
- 1–2 quick-dry synthetic shirts
- 2 pairs of lightweight pants—lightweight hiking pants are great!
- 2 pairs of long shorts/skirts
- 1 set of sleeping clothes

- 7 pairs of underwear
- 3–4 pairs of socks
- 1 swimsuit—Koreans (both men and women) tend to cover up at the beach, wearing t-shirts over swimsuits
- 1 pair of comfortable walking shoes—make sure you break them in!
- 1 pair of sturdy sandals
- 1 pair of rubber flip-flops—for bathrooms, showers, and temple stay
- 1 nice outfit and pair of shoes for special occasions

## GEAR RECOMMENDED

- Reusable and durable water bottle (1 liter) - REQUIRED
- 1 set of toiletries—should be smaller than your head! Note: Deodorant is hard to find in South Korea
- Personal first aid kit (as noted above), including oral rehydration salts, Imodium / Pepto Bismol
- At least 3 reusable masks (at least double layered) and gloves for personal protection
- 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
- 1 towel—quick-drying microfiber towels are great
- Sunglasses and hat with brim
- Money belt
- Travel size laundry detergent, biodegradable if available (laundry pods or bar laundry soap are great options)
- Travel watch with alarm
- Small notebook and pens
- Small Korean-English dictionary
- Small flashlight/headlamp with extra batteries
- Camera, charger and adapters or extra batteries
- Insect repellent and insect bite relief cream/lotion
- Sunscreen and lip protection (SPF 30)
- Plastic bags (small Ziplocs and a few large garbage-size bags)—great for wet/dirty clothes and keeping clean clothes dry while traveling
- Small backpack for day trips—can be your school backpack
- School ID—if you don't have one it's okay
- Host family gift

## 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)

### 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!