

Packing List & Instructions

SOUTH KOREA: PEACEBUILDING & K-CULTURE

The Experiment South Korea: Peacebuilding & K-Culture is an active program where you will have the chance to explore various regions of South Korea. The summer weather can be hot and humid, so it is a good idea to pack lightweight clothing that you can layer. Keep in mind that your visit will be during a time when it rains about two to three times a week, so quick-drying and waterproof clothing is essential.

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. When determining what luggage is appropriate, it is important to consider program itinerary and group activities. Travel between cities is often by private bus. Whatever luggage you bring, you will need to be able to get it on and off yourself, including up and down aisles, and into overhead storage.

Past participants and leaders have suggested the following list. You will have the chance to do laundry during the program. Although the program may last three to four weeks, pack for about a week's worth of clothing. While we provide a comprehensive packing list, it is a good idea to research the temperature and climate of your program destination before you leave. Conditions can vary from year to year, so make sure to check current and expected weather and pack accordingly.

A Note on Dress

When traveling with The Experiment, remember that you are representing your country and should dress modestly and appropriately. This is particularly important in Korean culture, where street fashion does not typically include “destroyed” or revealing clothing. Ensure that your clothes are respectful in a religious setting, as the program will involve Korean language classes, youth exchange programs, temple stays, and cultural outings.

Your clothing should be comfortable, compact, versatile, and quick to dry, as access to electric dryers will be limited. Since this is an active program during hot and humid summers, bring lightweight clothing that covers your stomach and chest. Expect temperatures around 86°F (30°C) with humidity levels of approximately 70–80%. While shorts are culturally acceptable, cleavage and midriff-baring clothing are not. More conservative dress is recommended for homestays. You will need only one nice outfit for special occasions. Jeans may feel too hot in the humid weather.

To prevent mosquito bites, wearing long sleeves is recommended. Shoes should be comfortable, broken in, and versatile— aim to bring no more than three pairs. Good walking shoes that are also stylish enough for the city are also essential.

The Experiment

A Program of World Learning

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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, it is important to also bring a personal set of oral rehydration salts/electrolytes. These can be found in travel-friendly power packets to add with water.

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

VALUABLES AND ELECTRONICS

Before leaving home, make sure to back up your computer to the cloud or to an external hard drive left at home to protect your data in case your phone or device is lost or stolen. The Experiment is not responsible for any items lost, misplaced or stolen. It would be best not to bring large electronics, laptops, iPads, tablets, 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: www.worldstandards.eu/electricity/.

*In general, Korea uses a 220V electrical system.

GIFTS

We encourage you to bring small gifts for your host families, leaders, and new friends. It is best to bring items that reflect your interests, such as souvenirs from home, magnets, stickers, pencils, or American candies.

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 or umbrella
- 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
- 6-7 pairs of socks
- 1 swimsuit—Koreans (both men and women) tend to wear t-shirts over their swimsuits
- 1 pair of comfortable walking shoes
- 1 pair of sturdy sandals
- 1 pair of rubber flip-flops—for bathrooms, showers, and temple stay
- Sunglasses and hat

TOILETRIES

- 1 Toothbrush and toothpaste
- Shampoo, Conditioner and Body wash
- Deodorant

- 1 - 2 towels—quick-drying microfiber towels are great (REQUIRED). Most host families expect participants to bring their own towels.
- Travel-size laundry detergent (laundry pods or bar laundry soap is great options)
- Personal first aid kit (includes items like oral rehydration salts, Imodium/Pepto Bismol)
- Hand sanitizer (with at least 60% alcohol)
- Insect repellent
- Insect bite relief cream/lotion
- Sunscreen (SPF 30)

GEAR RECOMMENDED

- Reusable water bottle (1 liter) - REQUIRED
- Money belt
- Small notebook and pens
- Small Korean-English dictionary or translator app
- Small flashlight/headlamp with extra batteries
- Camera, charger and adapters or extra batteries
- Plastic bags (small Ziplocs and a few large trash bags)—perfect for storing wet or dirty clothes and keeping clean clothes dry while traveling
- Small backpack for day trips—can be your school backpack
- Host family gift

IMPORTANT TRAVEL DOCUMENTS

- Passport, or residency card (if applicable)
- 2 photocopies of your passport stored separately from your actual passport (also one digital version in your e-mails or photos!)
- Photocopy of visa (if applicable)
- Credit or debit cards (VISA or MasterCard recommended)

OPTIONAL ITEMS RECOMMENDED

- Small game of cards, Uno, Bananagrams
- At least three reusable masks (at least double layered) and gloves for personal protection

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!