

2005 FSP Suggested Packing List

N.B. Pack Light

Bring clothing appropriate for hiking, sweating, moving around

Clothes should be easily washable

If it would devastate you to ruin it, don't bring it.

The following list should serve as a guide; it may not be a complete list

Items marked with a '*' are required items

1. *Tape Measure (metric dimensions, 1m in length)
2. *Compass (basic)
3. *Flash Drive and blank CDs for back-up
4. *Outlet Converter(s) for your computer/electronic devices
5. *Blue Guides
6. *Journal
7. *Flashlight
8. *Sturdy Notebook
9. *Water Bottle
10. *Big, comfortable frame pack or duffel, smaller bag for short trips
11. *Day pack to bring to sites
12. *ATM card/back-up Credit Card
13. Sunscreen and Aloe
14. Footwear: comfortable hiking shoes, sandals, nicer 'dress' shoes
15. Extra Socks
16. Extra Underwear
17. Rain Jacket (and rain/wind pants if you like)
18. Beach Towel
19. Bathing Suit
20. A few pieces of nice clothing (packable)
21. T-shirts
22. Long Sleeve Shirts
23. Fleece (your best bet)/Sweater/Sweatshirt
24. Pajamas
25. Shorts
26. Pants suitable for hiking
27. Jeans
28. For the women: tank tops, capri pants, long skirt/top for churches and monasteries
29. Hat
30. Travel Alarm Clock

31. Camera and film (or extra memory card for digital camera)
32. International calling card
33. Extra Lens Case
34. Prescription medications and over-the-counter drugs you take
35. Sunglasses
36. DiscMan/MP3 player
37. Swiss Army Knife (do not pack in your carry-on!)
38. Other Guide Books (Let's Go, Lonely Planet)
39. Stain Remover (Shout, etc.)
40. Luggage Locks
41. Pocket Modern Greek Dictionary
42. Extra "fun" books to read in hotels/on bus rides