



CAPE TOWN



PACKING LIST

Program Materials

- LEAD Cape Town: Order your required workbook here under "Classes" when available.
- LEAD Cape Town: Laptop & charger
- DIRECT Cape Town Session 1: Order your required journal here under "Workshops" when available.
- DIRECT Cape Town Session 2: Order your required journal here under "Workshops" when available.
- Strengths results (from assessment)
- Childrens Books for Service (optional)

Clothing

- T-shirts are fine for class and service but most people abroad do not wear t-shirts
- About 5 days of activewear for when you are at service (clothes during service should be conservative - no short shorts or tight clothing), doing optional adventures, and on the Garden Route
- Sweaters & long sleeve shirts (layers are KEY in Cape Town)
- Warm jacket & scarf (check out our Cape Town Amazon storefront for jacket recommendations)
- Rain jacket
- Clothes that you would wear at home in the winter when hanging out with friends (check out our Instagram for ideas on what previous students wore); students are often disappointed when they only bring really casual clothes
- Underwear & socks
- Pjs
- Swimsuit for cage diving with sharks & other optional adventure activities (surfing, seal snorkel, etc.)
- Boots (cute boots for daily wear)
- Tennis shoes (really important for adventure activities & service)

Personal Items

- Debit card & credit card
- Medications (make sure you have enough for the duration of the trip in the original prescription bottles)
- Personal first aid kit (LeadAbroad will not distribute medications to students)
- Contacts and/or glasses
- Adaptors/converters
- Suitcase lock
- Purse (bringing one that zips closed so it is secure)
- Water bottle

Important Documents

- Passport & make two paper copies; leave one at home & bring one with you
- Printed copy of your flight itineraries (in rare situations they want this when going through immigration)
- Contact information for your program director and address to the hotel (in case your luggage is lost and you need it to be delivered)

Electronics

- Headphones
- Phone & charger
- Camera/GoPro & charger
- Portable charger
- Adapter

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Toiletries

- Toothbrush & toothpaste
- Hairbrush
- Shampoo & conditioner (if you want to bring little bottles to save room, you can get a bigger bottle upon arrival if you aren't picky about the brand)
- Deodorant
- Razors
- Face & body wash
- Chapstick
- Tissues

Personal List

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Other Important Things

- Sunglasses
- Packable umbrella
- Book/playing cards
- Travel pillow
- Hat
- Carry-on size bag for the Garden Route (you will not be able to take your large bag)
- Laundry bag
- Quick dry travel towel (especially for the Garden Route)
- Beach towel for water adventure activities

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Staff Tips

- Packing cubes to get you organized
- Only bring luggage you can easily carry yourself!
- Have a pen with you on the plane so you can fill out immigration forms
- Put everything important in your carry-on: medications, passports, electronics
- Pack a spare change of clothes in your carry-on in case your bag is delayed
- Leave room to bring things home- you'll want some souvenirs
- You will be able to do laundry, so don't overpack
- Layers seriously are KEY in Cape Town!!!

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***Consider bringing items you would wear then donate at the end of the program to our service partners.**