



GTI STUDY TOURS

Preparation Pocket Guide

3 months prior to departure...

- Build stamina by walking everyday
- Break in hiking shoes/boots
- Begin GTI Online Curriculum
- Read the Online Preparation Guide

Read the preparation guide.

gtitours.org/prepare — check it out.
You'll thank yourself later!

1 month prior to departure...

- Create a personal packing list
- Buy all supplies and apparel
- Choose a date to finish curriculum
- Start the habit keeping a journal

Don't procrastinate!

Break in your shoes, try on your clothes and walk everyday!

1 week prior to departure...

- Ask friends and family for prayer
- Share the Online Tour Journal link
- Begin the process of packing
- Ensure you have your passport

Double check your passport.

Pack it in your carry on, keep photocopy of it on your person.

Tips from frequent travelers.

- If you get blisters or foot odor, wear hiking socks over liner socks.
- Look for dry fit/wicking features for all socks, shirts, and undergarments
- Bring a pair of old sneakers or light-weight water sandals with a strap
- Zip-lock plastic bags are useful for a wide variety of travel needs
- Take photos selectively and keep a journal describing each photo
- Prepare each evening for the next day. Five minutes early is on time!
- Use powdered drink mix or Mio if you have trouble drinking plain water
- Melatonin or other sleep aids will help you regulate sleep patterns
- Data-only plans from Talk-n-Save allow Skype, Facetime, or Google Hangout
- Drink small amounts of water and eat snacks all day to keep energy up

GTI has provided you with...

- A backpack with hydration pack
- A Flashlight for tunnels and caves
- Study Guide to take notes on-site
- Journal to record day's thoughts
- Document booklet for organization

Want to know what a "typical day" on a Study Tour is like?

Visit gtitours.org/typical-day

How much and how many should I pack?

You need to consider how many days your Study Tour is and how many times you'll be able to do laundry. Laundry is most easily done at hotels where you'll be staying for at least two nights. This allows you to do laundry the first evening and hang your clothes to dry throughout the next day. It's best to pack enough for 3-4 days and plan on doing laundry at least once.

Need to plug things in?

You'll need to bring a European style, 220 Volt three prong adapter.

Carry-on vs checked bags

Keep critical items and a few changes of clothes in your carry-on.

Have any questions?

First read through the Preparation Guide at gtitours.org/prepare and then call your GTI Travel Coordinator with any remaining questions!

Double check your packing list.

- Broken In Hiking Footwear
- Appropriate Hiking Apparel
- Quick Change "Modesty Kit"
- Hiking and/or Sock Liners
- Water Shoes & Casual Shoes
- One Piece Bathing Suit
- Hat, Visor, Sunglasses
- Sunscreen & Sanitizer
- Laundry Soaps & Supplies
- Toiletry Supplies
- Medication & Sleep Aids
- Disposable Sanitary Wipes
- Travel Tissue Packs
- Non-Melting Snacks
- Zip Locks Baggies
- Electrical Adapters
- Small Alarm Clock
- Passport with photocopy
- Writing Utensils & Study Materials
- US Cash in small bills
- Camera & Extra Batteries
- Water Bottle for Powdered Drinks

The bus is safe & secure.

If you bring a secondary day bag or knapsack to carry extra batteries, clothes, snacks, money, etc. you can safely leave it on the bus while visiting sites throughout the day.