



THE PAIDEIA INSTITUTE

Packing and Travel Suggestions

Essentials

Passport and Travel Documents: Ensure you have your passport with at least six months' validity from your date of arrival in Spain. Also, carry printed copies of your passport and any other travel documents you may need.

Money and Banking: Bring some euros in cash for immediate expenses upon arrival. Also, remember to inform your bank of your travel plans to avoid any issues with using your debit or credit cards abroad.

Medications: If you take any prescription medications, pack an ample supply for the duration of your trip. Though Paideia will provide a small first aid kit, it is still a good idea to bring some essentials like pain relievers, band-aids, motion sickness pills, and any personal medications.

Travel Adapter: Spain uses type C and F electrical outlets, so make sure to bring a suitable travel adapter to charge your electronic devices.

Clothing

Weather-Appropriate Clothing: Check the weather forecast for the duration of your stay and pack accordingly. Spain is generally mild to warm in climate, but it's advisable to bring layers for cooler evenings and a rain jacket/umbrella for unexpected changes in weather.

Comfortable Shoes: You will do a lot of walking, so bring comfortable shoes suitable for exploring cities, countryside, and historical sites.

Modest Attire: Remember that Spain has many churches and religious sites where modest clothing is required. Pack attire that covers your shoulders and knees for visiting these places.

Swimwear: If you're visiting during the warmer months or plan to visit coastal areas, don't forget to pack your swimwear.

Toiletries

Travel-sized Toiletries: Pack travel-sized shampoo, conditioner, body wash, toothpaste, and any other personal toiletries you may need. Remember that you can purchase most toiletries in Italy if you run out.

Sun: Italy and Greece are both extremely warm. Be prepared with a hat, sunglasses, sunblock and whatever else you may need to stay protected from the sun. Sunblock is very expensive abroad, so it is best to bring enough from home.

Miscellaneous

Reusable Water Bottle: Help avoid dehydration and heat exhaustion by carrying a reusable water bottle that you can refill throughout the day.

Small Backpack or tote bag: Bring a small backpack or daypack for carrying essentials during day trips and excursions.

Language Guide or App: While many people will speak some English, it's helpful to have a basic understanding of Spanish phrases. Fodor's has a nice, short list of phrases to learn before traveling. Also, consider bringing a language guidebook or downloading a language app for quick reference.

Student ID: Don't forget your student ID, as it may entitle you to discounts at museums, attractions, and transportation.

Portable Charger: Keep your devices charged on the go with a portable charger, as you'll often be out exploring all day.

Remember to pack light and leave some space in your luggage for souvenirs and mementos from your travels. Most importantly, embrace the adventure and enjoy in the rich culture, history, and cuisine surrounding you.