# GRAPE: Georgia Packing Guide for May and June

Students are encouraged to pack for highly variable weather conditions. Here are the four situations you should pack for during your time in Georgia with GRAPE.

**1. The Field** (6am-1pm Monday to Friday): Outside in the elements from sunrise to midday. Temperatures range from 15 to 30°C on site. There will be lots of sun exposure. We will likely get caught in the rain.

**2. The Lab** (4pm-6pm): cleaning dirty artifacts, working with dirt, making pottery at the dig-house. These clothes will get dusty/dirty.

**3. Lounging** (Daily and weekends): hanging out around the house and in the village

**4. Touring and Special Occasions** (Weekends!): Going out with the team and peers. Sometimes this will involve a lot of walking or a nice dinner out in the city. It may also involve an overnight stay in a different town or city.

**NOTE: There is the potential for significant rain.**

## General Clothing

Shirts (t-shirt, long sleeve)
Long Pants
Shorts/Skirts
Sweater
Pyjamas/Sleeping Clothes
Warm clothing for cold nights (ie heavy sweater, thermal layers, warm hat)
Nice Clothing (ie. button up shirt, nice jeans/slacks, dress, skirt etc) for group dinners/nights out
Waterproof Jacket
Socks
Underclothes
Bathing suit
Towel
Shoes (Comfortable walking shoes, Flip Flops – For showers/thermal baths)
Sun protection (ie. hat, scarf) for touring / day-to-day

## Field Clothing

Shoes: Sturdy shoes or boots appropriate for sharp rocks, mud, dirt, heavy lifting and technical terrain
Bottom: Flexible pants appropriate for walking, squatting and lunging
Top: T-shirt, light long sleeve shirt, or button-up shirt
Sweater
Sunhat or Bandana
Belt
*PLEASE TEST YOUR CLOTHES BEFORE YOU PACK THEM!!*
Problem areas:
1. Lower Back **MAJOR SUNBURN ALERT**: When you squat and/or bend over make sure there is NO SKIN showing above your pants and below your shirt. This small exposure of skin on your lower back will burn intensely as you work.
2. Neckline. Make sure that when you bend over someone sitting on the ground in front of you cannot see your chest/belly. **THIS IS NOT A CUTE LOOK**
3. Upper Bum: over the season your pants may stretch and begin to slip. **TMI**. Please bring a belt or pants that can be secured if they become too large.

## Course and Field Gear

Daypack

Pointing Trowel 3.5 to 6 inches long (popular: Marshalltown 5-inch pointing trowel)
Physics Notebook (Black Cover: lined AND graph paper – available at UofT bookstore)
Clipboard
Mechanical Pencil with refills
Eraser
Pens
black permanent markers (fine and regular – "Sharpie" is recommended)
Measuring tape **METRIC** 7.5m+
Construction line level
Reel of string
Light work gloves
Water bottle / Travel Mug
Pocket knife
Laptop (preferably running Windows)

## Toiletries and First Aid

Personal Hygiene Products – Bring the products you use regularly at home. Most products can be replaced in Georgia with European or Middle Eastern brands when you have time off on weekends **EXCEPT: specialized medicines** (ex Robax, Mydol), **sunscreen, tampons, and contraceptives** (ie. condoms and other physical or chemical contraceptives) You may not be able to find north American brands. Be aware that shower and bathroom time is limited in our communal environment.

Sunscreen
Sunburn treatment (ex. Aloe, Gold Bond)
Immune Boosters (ex. ColdFX, EmergenC, Vitamins)
Rehydration Tablets or Salts
Gastro-intestinal helpers (ex. Pepto-Bismol, Imodium, Fiber Supplements)
Ache and Pain Relief (ex. Tylenol) ***IF YOU ARE PRONE TO ACHES & PAINS OR HAVE ANY PREEXISTING INJURY/CONDITION BRING ANY MEDS/SUPPORTS YOU MAY REQUIRE: EX. ROBAX, BACKBRACE; ANKLE BRACE, topical muscle relaxers***
Cold and Flu Meds
Small personal First Aid Kit for travel and the field

## Other
Towel
Insect Repellent
Daypack (overnight trips)
Flashlight (+batteries)
Documents (passport, itinerary, medical insurance)
Sleeping bag or blanket (nights get as low as 10ºC)
Unlocked cellphone
Sanitary wipes ("baby" wipes)
Personal Mirror / Travel mirror
International European power adaptor
Games (deck of card or board game)