Discovering Ancient Societies in Portugal

Expedition Packing List

GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch’s emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (if necessary)
- Certification of vaccination (if necessary)
- Documentation for travel by minors (if necessary)

CLOTHING/FOOTWEAR FOR FIELDWORK

All Teams:
- 2–3 lightweight, quick-drying, button-down long-sleeved shirts
- 2–3 pairs of quick-drying long pants
- Wide-brimmed sun hat or baseball hat
- 4–5 pair of socks
- Bandana
- Well worn in hiking shoes or sneakers
- Leather or cloth and rubber garden/work gloves

CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for end of expedition
- Sandals
- Lightweight pants (jeans are not the best, if they get wet they will not dry before you leave)
- Shorts
- T-shirts / tank tops
- Sweatshirt / light jacket
- Tennis shoes / casual shoes
- Bathing suit
FIELD SUPPLIES
- Daypack to carry and keep your personal items together and dry
- Sunscreen lotion with SPF 45
- Lip balm with sunscreen
- Field notebook and pencils
- 2 one-liter water bottles, OR 1 two-liter water bottle or reservoir
- Insect repellent
- Sunglasses

BEDDING AND BATHING
Note: all bedding, as well as a bath towel, is provided at the research stations.

PERSONAL SUPPLIES
- Personal toiletries (biodegradable soaps and shampoos are encouraged)
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, pain reliever, bandages, blister covers, etc.) and medications
- Baby powder (recommended by field staff to relieve chafing in the hot, humid environment)
- Small Bottle of Aloe Vera or equivalent skin calming cream (good for bug bites and sunburn)
- Spending money
- Flashlight or headlamp with rechargeable batteries (don't forget your charger!)

OPTIONAL ITEMS
- Flip flops or sandals for the shower
- Dust mask for fieldwork
- Camera, film or memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Dry bag or plastic sealable bags (e.g. Ziploc) to protect equipment like cameras from dust, humidity, and water
- Books, games, art supplies, etc. for free time
- Earplugs for light sleepers
- A thank you card for the owner of the estate where you will stay

Note: Do not bring more luggage than you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.