

Discovering Ancient Societies in Portugal

Expedition Packing List

REQUIRED COVID-19 SAFETY ITEMS

The following items are required to be prepared in the event you or another person on site displays symptoms or tests positive for COVID-19:

- Multiple face masks—enough for the duration of the project (N95, FFP2, or equivalent are recommended)
- **IMPORTANT:** Multiple (3–4) COVID-19 antigen (rapid) tests
- Personal thermometer
- Hand sanitizer
- Proof of COVID-19 vaccination (if required by your destination country)
- Enough personal medications or other necessities to cover possible time in quarantine beyond your planned travel days.

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

- 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 sneakers (soft-soled shoes preferred to protect substrate)

CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for the end of the 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

FIELD SUPPLIES

- Daypack to carry and keep your personal items together and dry.
- Lip balm with sunscreen.
- Field notebook and pencils
- Two one-liter water bottles OR 1 two-liter water bottle or reservoir
- Sunscreen lotion SPF 45
- 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 (**Note:** *There is a small supermarket walkable from the project site to pick up anything forgotten*).
- 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, allergy meds, pain reliever, bandages, blister covers, etc.) and medications.
- Small Bottle of Aloe Vera or equivalent skin calming cream (good for bug bites and sunburn)
- Spending money

OPTIONAL ITEMS

- Bathing suit
- Flip flops or sandals for the shower
- Dust mask for fieldwork.
- Leather or cloth and rubber garden/work gloves for fieldwork
- A thank you card for the estate owner where you will stay.
- 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

Note: *Bring only what 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.*