PRE-DEPARTURE PREPARATIONS

Here are a few things you might need to do or consider before leaving for Kefalonia:

- Unlock credit cards for use in other countries
- Confirm travel/transportation
- Check expiration dates on passport, other forms of ID, credit cards etc.
- Obtain health insurance documentation (e.g. European Health Insurance Card)

THINGS TO DO BEFORE YOU ARRIVE

- Unlock credit cards for use in other countries
- Confirm travel/transportation
- Check expiration dates on passport, other forms of ID, credit cards etc.
- Obtain health insurance documentation (e.g. European Health Insurance Card)

THINGS TO HAVE ACCESSIBLE WHILE TRAVELING

- Keep with you important phone numbers: a family member, Wildlife Sense, your bank card's emergency number (in case lost or stolen), and your embassy's number in Greece.
- Trip itinerary
- Refillable water bottle
- Phone card or cell phone (GSM)

PACKING LIST

Here are a few things you should pack; bolded items are required:

CLOTHES

- Swim suit
- Sneakers/ trainers
- Beach sandals
- Shorts
- Socks
- Loose trousers (mosquitoes /cold)
- Short sleeve Shirts
- Long sleeve shirts (sun-protection/cold)
- Underwear
- Light jacket/ sweater
- Rain jacket
- Cycling shorts

TOILETRIES

- Deodorant
- Shampoo
- Bath soap
- Nail clippers
- Razors and shaving cream
- Tooth brush and tooth paste
- Floss
- Comb/hair brush
- Ear buds/ cotton swab/ Q-tips
- Females- feminine hygiene products
**Miscellaneous**
- Alarm clock
- Sleeping Bag
- Travel pillow
- Plug adapters
- Medications
- Towel (beach and shower)
- Bug repellent (Jungle Formula)
- Sun cream and After sun
- Sun-hat and sun glasses
- Mosquito Net
- Water bottle with filter
- Flashlight/ Torch (red light)

**Extras (not necessary, but useful)**
- Camera
- Snorkel Gear
- Music and mini-speakers
- Spare batteries
- Notebook, pen or pencil (data recording)
- Clothes pegs
- Small rucksack or backpack
- Waterproof bag for phone or camera
- Greek dictionary
- Ear plugs
- Bite cream
- Water shoes (sea urchins)

**Drinking Water in Kefalonia**

The water in Kefalonia is potable, meaning it is safe to drink. However, it does have a high content of minerals (i.e. limescale). It is by no means contaminated, the water is just very hard. Therefore, some volunteers who stay longer (more than 2 weeks) prefer to drink bottled water. The bottled water here is relatively inexpensive (1.50 euros for a 6 pack of 1.5 litre bottles), however it can become burdensome to purchase bottled water and why not reduce your carbon footprint? Just get a water bottle with a filter already in it!

**Accommodation**

Each volunteer will share a communal living space and a room. The house will have basic furnishings inside with a communal cooking area. Cookware and crockery will also be provided. Each volunteer will have their own bed, but will be sharing a room with other volunteers. While the days can be pretty hot, the nights are sometimes chilly. While we provide a fitted bed sheet (bottom sheet), you will need to bring something to keep warm; we recommend a light sleeping bag.