



# PREPARING FOR WILDLIFE SENSE



## PRE-DEPARTURE PREPARATIONS

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



### 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

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Swim suit          | <input type="checkbox"/> Socks   | <input type="checkbox"/> Underwear             |
| <input type="checkbox"/> Sneakers/ trainers | <input type="checkbox"/> <b>Loose trousers (mosquitoes /cold)</b>        | <input type="checkbox"/> Light jacket/ sweater |
| <input type="checkbox"/> Beach sandals      | <input type="checkbox"/> Short sleeve Shirts                             | <input type="checkbox"/> <b>Rain jacket</b>    |
| <input type="checkbox"/> Shorts             | <input type="checkbox"/> <b>Long sleeve shirts (sun-protection/cold)</b> | <input type="checkbox"/> Cycling shorts        |

### TOILETRIES

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Deodorant     | <input type="checkbox"/> Razors and shaving cream    | <input type="checkbox"/> Ear buds/ cotton swab/ Q-tips      |
| <input type="checkbox"/> Shampoo       | <input type="checkbox"/> Tooth brush and tooth paste | <input type="checkbox"/> Females- feminine hygiene products |
| <input type="checkbox"/> Bath soap     | <input type="checkbox"/> Floss                       |   |
| <input type="checkbox"/> Nail clippers | <input type="checkbox"/> Comb/hair brush             |   |

## MISCELLANEOUS

- Alarm clock
- Medications
- Sun-hat and sun glasses
- Sleeping Bag
- Towel (beach and shower)
- Mosquito Net
- Travel pillow
- Bug repellent (Jungle Formula)
- Water bottle with filter
- Plug adapters
- Sun cream and After sun
- Flashlight/ Torch (red light)

## EXTRAS (NOT NECESSARY, BUT USEFUL)

- Camera
- Notebook, **pen or pencil**(data recording)
- Greek dictionary
- Snorkel Gear
- Clothes pegs
- Ear plugs
- Music and mini-speakers
- Small rucksack or backpack
- Bite cream
- Spare batteries
- Waterproof bag for phone or camera
- 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.

