

Information shared from a December 7th email to participants and families:

As you consider adding items you might need or want to acquire for Mexico City to any wish list here are some ideas and info.:

You MUST have at least 1 refillable water bottle (wide mouth is best) to refill with purified water for drinking and brushing teeth

A small flashlight or headlamp

Low tech/old school ways of doing what you might be used to doing with a smartphone:

A cheap watch with alarm

A small notebook you can easily fit into a day bag or pocket

An engaging book on paper

Insect repellent-[CDC travel health](#) recommends 20-50% DEET

A day bag which is comfortable and can be carried in front of your body (you should be able to fit water, notebook, a bag lunch/snacks, and a jacket in this)

[Info. on outlets and electricity in Mexico](#)

[Details on Typical Weather in Mexico City](#)

You will need to be ready for "chilly" (50's) with multipurpose layers, some long sleeves and long pants, a jacket...

A waterproof shell that can be stuffed up into a compact parcel of some sort would be ideal to bring on day trips in case of afternoon rain showers

For clothing...please avoid anything with words, national flags, or brand logos...think about having at least some clothing that you could wash and hang dry (jeans are NOT good for that); darker colors that won't show dirt so easily are a good idea

[How not to dress like a tourist](#)

What Not to Wear When Travelling Abroad

[How Not to Look like a Tourist YouTube 2" Video](#)

[New York Times 5 Tips to Travel Light and Dress Well at the Same Time](#)

Waterproof sandals or flip flops for showers

2 pairs of comfortable, broken-in shoes in which you can easily walk at least 6 miles without issue

Luggage that you can easily manage on your own (wheels are helpful inside airports; I like to carry my stuff on my back to make stairs, rough sidewalks, and curbs easier)

This is not a full packing list or final time to hear/learn about any of the above info., but it did seem timely in case acquiring items as gifts is a necessary part of your personal budgeting.