Jordon: Refugees, Health, and Humanitarian Action  
Fall 2016

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**Luggage**

Please pack lightly and include only necessary items. You should be able to carry all your luggage significant distances on your own. Try to minimize both the number of bags and weight of your bag(s) since you will likely be acquiring more belongings while abroad.

Most students find that a large internal frame backpack and a smaller daypack/duffel are the most convenient choice of luggage. However, you should also have a smaller bag to use for carrying your books and personal items. You will find that you can store your larger piece of luggage at your homestay during the semester.

If carrying prescription medications, you should carry a letter from your doctor to prevent any concerns at customs or in transit. (Please see the “General Health Tips” section in the Safety, Security, and Health pre-departure document.) Please check the current requirements of the Transportation Security Administration ([http://www.tsa.gov](http://www.tsa.gov)), as well as those of the airline on which you are flying, for domestic and international baggage restrictions.

**Clothing Guidelines**

During the cooler season (November – March), it can get very cold, especially in the evenings. It will feel much colder than the temperature would suggest, especially inland or in the mountains. Bring warm, comfortable clothes you can wear at home during this season. When you are camping in the desert (one or two nights) it will be very cold at night. Plan to dress in layers—as it gets warmer or colder, you can simply eliminate or add layers.

Jordanians dress more formally than Americans, and there are cultural rules concerning dress, especially for women. It is better to dress too conservatively rather than not conservatively enough. Long-sleeved blouses and shirts and skirts that fall below the knee are appropriate; pants are also common attire for Jordanian women. Long sweaters for women are usually helpful; people tend to choose darker colors for the winter. Clothes should not be tight or see-through. (No mini-skirts, tank tops, or short shorts.) Jordan is extremely formal, so bring one dressy outfit. Amman is very sunny most of the year, so bring a hat, sunglasses, and sunscreen. Don’t forget a heavy sweater and a bathing suit (you may feel more comfortable if you forego the bikini).
Come prepared with clothing that is culturally appropriate yet will keep you cool. Also, take note of the fact that most likely homestay families will not have air conditioning.

Note: **Body piercing is a big taboo**—nose, eyebrow, tongue, or other piercings attract strange looks and could possibly affect your homestay placement. If you currently have body piercings you should consider how that may impact your experience.

**Equipment**

There is no need to bring any camping gear, such as sleeping bags, for your rural homestay. Everything will be taken care of by your host families. Mosquitoes are not a problem in Jordan, so there is no need to bring a mosquito net.

**Computers and Other Electronics**

It is **strongly recommended** that you bring a laptop computer. **If you bring a laptop, the computer will be your personal property and responsibility, and it is recommended that you insure it. SIT is not responsible for any duty tax you may have to pay when you enter the country, theft, or loss.**

Computers are not readily available to students on this program, and computer rental is almost non-existent. If you already have a laptop, it is useful to bring it with you. You should also think about having insurance in case of theft or loss. There are cyber cafes in Amman, which have word processing facilities. If you expect to use these, you should budget about US$100 specifically to cover this expense.

We have two computers that can be used by students, but you will have to minimize your working time on them if there is another student waiting. You need to know that all assignments should be typed.

Please see the following website for information about electricity, voltage, and electrical adapters: [http://www.worldstandards.eu/electricity/](http://www.worldstandards.eu/electricity/).

With regard to electricity, adaptors, and electrical plugs, you will only need a plug adapter, as all laptop chargers work with 220 volts. Do not bring any electrical appliances without voltage converters and two-prong adapters. The electric current is 220 volts. Outlets in Jordan use plug types C, F, and G.

A digital camera or an iPod might add to your enjoyment of your experience in Jordan. A small recording device might be helpful for interviews, though in some cases it may be inappropriate (your academic director will explain this to you during the Research Methods and Ethics course).

**Gifts**

As you might imagine, it is best to be prepared with a gift to offer your homestay family in gratitude for their hospitality and as a means to share a part of your culture with them. We suggest one or two gifts that the whole family can enjoy; you do not need a gift for each member. You may also wish to consider gifts for people outside your homestay family. Try to choose gifts that represent you or the part of the country and/or community you live in. Think about what your city, state, or local artisans produce. Draw upon your personal interests or hobbies for ideas. Pack a couple of small gifts for children, such as small games, bubbles, or a Frisbee. Even if your homestay family does not have small children, chances are that you will engage with children in your homestay community. Once you are on the program and learn more about the local culture, you will discover other ways to thank your family. Remember to bring pictures of your friends and family to share.

**What You Can and Cannot Obtain in Country**

Bring enough deodorant, toothpaste, tampons, etc. for the first two weeks or so. U.S. toiletries are readily available. After the first week, students will move in with their host families, and family members will wash or help the students wash their clothes.
Alumni Contact
If you have further questions, please contact your admissions counselor and/or ask an alumni contact: http://studyabroad.sit.edu/pn/admitted-students/contact-a-former-student/.

Don’t Miss the Packing List on the Next Page!
These packing guidelines are based on suggestions from past students and your academic director. The clothing you bring may be adapted to your own style, within cultural norms of acceptable dress.

Remember to place all valuable items and prescriptions in your carry-on luggage while traveling and all sharp items in your checked luggage.
Suggested Packing List

Clothing
Avoid any clothes that have bad words or inappropriate drawings, especially those that are religiously and politically sensitive.

- 1 nice outfit (conservative dress/skirt for women and nice shirt/neat pants for men)
- 1-2 pair casual but neat pants
- 1 pair nice pants
- 1-2 pair jeans
- Long-sleeve cotton shirts or blouses and a few T-shirts
- 2 light sweaters
- Exercise/sports clothes (optional, depending on your interests)
- Swimsuit
- Underwear (one- to two-week supply)
- Long underwear (1 pair silk—takes up less space)
- Socks (one-week supply)
- Hat and sunglasses (the desert sun will be bright)
- A warmer coat (a heavy fleece shell will work with a sweater)
- 1 pair of comfortable everyday shoes that are fairly dressy and good for walking. Your shoes should be sturdy. Bring an extra pair if you have large feet, because larger sizes are difficult or impossible to find.
- 1 pair sandals for outdoors (Tevas or Chacos are great)
- 1 pair sneakers and/or 1 pair light hiking boots
- 1 pair of house slippers

Women
- Scarf (large enough to cover hair: for visiting mosques and other holy places)
- 2 long cotton skirts

Travel Documents
- Passport
- Yellow WHO Card or a copy of your immunization record (see the Safety, Security, and Health document for more information)
- Two photocopies of your passport stored separately from your actual passport
- Photocopy of visa (if applicable)

Health/Toiletries
- Extra pair of glasses or contacts, if needed
- Contact cleaning/soaking liquid, if needed
- Sunscreen (expensive in Jordan)
- Adequate supply of prescription medication (including birth control pills) and vitamins, if needed

Other Important Items
- Money belt
- Small tape or digital recorder (optional for field work interviews)
- School supplies, notebook, journal, pens (to get you started during orientation)
- Book bag or small backpack for school use
- Small bath towel
- Small flashlight
- Homestay gifts
- Photos of friends/family to share with homestay family
- Water bottle (dehydration is an important health concern in the desert)

Students, staff and families in traditional Jordanian attire.