

Barr Fellowship Learning Journey To Jordan, October 2023

Suggested Packing List

Weather Conditions

You will be visiting Jordan in the month of October in which temperatures start to dip country wide being on the cusp of the light rain season. Higher elevations will begin to feel cool, especially at night. Expect Amman & Petra to experience average temperatures of 68°F (20°C), with a daily range between 57-79°F (14-26°C).

The desert and Wadi Rum area will remain warm during the day, averaging 89°F (32°C) during the day. Temperatures can drop dramatically during the night, reaching as low as 55°F (13°C), so pack layers to stay warm in the evenings.

Luggage & Packing

When the group travels south (5 nights / 6 days), we suggest packing a **small carry-on bag or duffel bag and backpack that can be used as a daypack** (Feynan Ecolodge, Petra, Wadi Rum & Dead Sea). You will be able to safely store any large suitcases (i.e. checked luggage) at the Intercontinental in Amman. Please pack a luggage lock to lock any suitcase being stored. Any bag should be one that you do not mind getting dusty in the desert.

Pack with any medications, a change of clothing and all valuables in your carry-on bag in case your checked bag is lost or delayed. Be sure to have luggage tags with your contact information on each bag and a lock when possible.

Note: Binoculars are banned in Jordan. Please do not travel with binoculars.

The Essentials

Documents:

- Passport
- Round-trip flight itinerary
- Medical insurance policy & emergency numbers
- Covid vaccine card (original and photocopy)

Travel Essentials:

- Credit cards and cash
- Reusable water bottle
- Book or e-reader
- Journal and pens

- Day pack or cross-body bag and tote bag / packable reusable shopping bags
- Travel pillow
- Energy bars and dry snacks
Note: Snacks and water will be provided throughout the trip and on vehicles. Pack any special snacks you would like have on your flights and for any special dietary needs
- Earplugs
- Headphones or AirPods
- Prescription medicine
- Glasses and sunglasses
- Watch / alarm clock



- Flashlight / head lamp
- Luggage lock

Electronics:

- Camera, extra batteries, and charger
- Battery power bank/charger

- Chargers for all electronics
- Multi-plug adaptor - Types C & G are most common in Jordan
- Converter - Jordan operates on a 220/240 volts

Clothing

In Jordan, especially in smaller cities and villages, women and men dress conservatively. **As a general guideline, shoulders and knees should be covered - for men and women.**

There is no need to wear headscarves, but useful to have a scarf in more conservative settings to cover your hair or shoulders. During this trip, you will be meeting with local organizations and you will have a meeting at the Ministry of Education Office. Please pack both casual and business casual outfits. We suggest wearing understated outfits and be mindful of wearing flashy jewelry. In Petra, Wadi Rum and at the Dead Sea, a more relaxed dress code and even beach wear is acceptable.

We recommend bringing clothes that you can layer, and packing for both warm and cold conditions. Laundry services will be available at your own expense.

General

- Comfortable cotton or linen clothing that is loose fitting and breathable
- **Clothing for visits and meeting**
 - “Travel Casual” (i.e. casual blouses for women, polos or button-downs for men)
 - Business casual attire for meeting at Ministry of Education
 - Clothing that covers shoulders and falls below the knees
- Light sweater or jacket for cooler evenings
- **Shoes:** Comfortable, closed toed walking shoes and sandals
- Shawl or scarf
- Small umbrella or waterproof jacket
- Sun hat or cap
- Socks and undergarments
- Sleep wear

Desert: Feynan, Petra & Wadi Rum

- Comfortable fitness clothing for hiking in the dusty desert
- Worn in, comfortable walking / hiking shoes for long walks & hikes in the sandy, rocky desert
 - Hiking boots if you need extra ankle support
 - OR durable sneakers
- Light down jacket and / or fleece for cool evenings

Dead Sea - more relaxed dress

- Swimsuit and beach cover-ups (and for the indoor or outdoor pool in Amman)
- Water shoes for the rocky Dead Sea



**Barr
Foundation**

Medical Kit & Toiletries

- Covid PPE
 - Face masks to protect against Covid
Note: Each individual will be provided with 5 KN95 masks in Jordan
 - At-home Covid Tests if you test frequently
Note: Each individual will be provided with 2 at-home Covid tests in Jordan
- Sunscreen and lip balm with an SPF
- Toothbrush, toothpaste, and mouth wash
- Insect repellent
- *Prescription medication with original labels*
 - Cipro or antibiotic for stomach issues
 - Sleeping medication
- *Over-the-counter medication*
 - Allergy medication and epi-pen
 - Re-hydration salts or electrolyte powder, Emergen-C or Nuun tablets
- Anti-diarrhea medication
- Medication for indigestion - Pepto-Bismol, Tums, etc.
- Painkillers
- Motion sickness medication - Dramamine
- *First aid kit* - antiseptic cream, Band-Aids, pre-moistened antibacterial hand wipes
- Skincare, razor shower and hair products
Note: Hotels will have soap and shampoo. Most but not all have hair conditioner and body lotion.
- Hairbrush, comb, hair ties, or clips
- Travel packs of tissues
- Eye drops
- Contact lenses and contact lens solution
- Phone number of a trusted doctor