

The Please Don't Forget Me List
SANTORINI, GREECE: Inspire Your Creative Soul!
October 14-21st, 2011
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<http://www.journeysofthespirit.com/trips/santorini-greece/>

Dear Grecian Adventurers,

Yassu (Hello)!! It's so exciting that we're going on this wonderful adventure together! We will continue our exploration of creativity and magic and open up to our inherent creative natures, new ideas, and our inner god/goddess energy. Insights and joy will flow effortlessly into our lives. Congratulations on your adventurous spirit. We will have a fabulous time!

I ask you to carefully read the following information to ensure that your experience is as physically comfortable and spiritually rewarding as possible.

Each journey invariably includes two itineraries. On the physical part of the journey, we each travel as a member of a group to places of extraordinary beauty, power and enchantment. On the inner journey, we travel solo down a long winding road often rife with potholes, detours and rivers to cross with no bridge in sight. The inner journey requires that we bring along all our love and courage to honestly deal with ourselves to separate truth from illusion.

The inner journey is potentially the hardest one we ever make. For the physical journey we just need a sense of humor, flexibility and a properly packed bag containing all the things a physical body could need!

Mandatory items

- Passport is required – **it must not expire for 6 months or it will not be valid!** Make sure you have a copy of your passport and a couple of extra passport pictures of you kept someplace separate from where you normally keep your passport. If you ever lose your passport having a copy of the main pages, plus the pictures will help you get a copy quickly and enable you to continue on with your trip!
- Money for food and personal items and expenses
- Water bottle suitable for daily use. You should buy purified water only and brush your teeth with it.
- Sturdy, well broken in walking shoes and or sandals, non-slip. Santorini is full of lots & lots & lots of stairs and cobblestones
- Enough of your medication for the entire trip in your carry-on bag, not packed in your luggage
- Your prescription glasses
- Earplugs - if you have a roommate
- Carry all your valuables with you on the plane passport, film, camera , a change of clothes. Be aware of your valuables at all times especially in tourist areas. Wear a money belt. Be especially vigilant when you have jet lag, it's easy to space out - watch your bags.

Strongly Recommended items

- A hat or visor is very important for protection from the Greek sun!
- Suntan lotion is a must
- Thongs/Tevas – the black beach is **HOT** to walk on, beaches can be rocky.
- Bug repellent, if critters are attracted to you!
- Sunglasses
- Shorts or skirts are very useful. Often in the morning it is cool and by afternoon it becomes warm. Make sure you have layers to accommodate any situation. A bathing suit for the amazing beaches is a must. At night folks dress casual in a lovely Mediterranean way - so bring one nice outfit for at night!
- Journal for writing
- Back pack or fanny pack for camera, water, snacks, tissues
- Alarm clock to be on time!
- A lightly packed bag! I strongly suggest you pack light. You can always send things to the laundry which is very reasonable in cost. You will need to keep your luggage weight under 50 pounds or you may be charged by your airline.
- Bring rain gear - i.e. umbrella, slicker, etc.

- Washcloth, if you'd like. They don't have them there.
- Day pack that your art stuff will fit in
- Flashlight
- Travel clock & watch
- Camera extra battery for digital
- Money belt
- Bathing Suit/sarong or beach cover up
- Hair dryer - 220 volts or converter w/special European 2-prong electrical plug (radio shack has them or travel store)
- This time of year is changeable but not hot. The weather is similar to Los Angeles - 70's during the day, cool jacket-weather in the evening. It can be windy and cool so make sure you can layer everything and do have a warm jacket please.
- Small sewing kit; safety pins.
- Small percussion instrument (like a rattle) if you have one. (not necessary but nice) There was a store last year that sold them.
- TIP: Tampons may not be readily available. Bring your own

Some other tips!

- Santorini has many steps, so please try to get yourself into condition before you leave if you can.
- Time: Greece is 10 hours ahead
- All rooms have a kitchen, stove, refrigerator, etc. Good fruit & vegetables, feta cheese, nuts, olives, bread, etc., are available. Cooking in your room is a great option.

Art Supplies (There IS an art supply store on Santorini, though don't rely on it for your basic materials!!)

- Small drawing board with clips - gator board or canvas board (waterproof) is good. It should fit in your suitcase. (don't need this if you have a watercolor block)
- If you aren't using a watercolor block you can cut your watercolor paper down to size, approx. 11"x14" or a good size to fit flat onto your board, can also roll larger sheets in a roll. Watercolor paper should be at least 140lb.
- A portfolio to keep your papers from bending - best if it fits in your suitcase, or separate portfolio - lightweight as possible. You may want to bring a small separate flat portfolio for your papers & finished works if you aren't planning on traveling all over the place.
- Remember you are allowed only one carry-on and a purse. Bring materials easy to carry, watercolor, Gouache, prismacolor, pastels, Conte pastel pencils. Practice and play around before you leave to make sure you feel comfortable with the materials. Make sure that your "art kit" will fit into your back pack.

Materials List *Items marked ** are essential.* I recommend you keep your materials simple.

- **Back pack for carrying art materials
- **Bound sketchbook, approx. 8 1/2" x 11" or 7"x10"
- **Journal to write in

Drawing Materials & Fun Stuff

- **Drawing pencils, 4B or 6B
- **Eraser (preferably grey kneaded)
- ** Pencil sharpener (metal) or exacto knife
- ** Set of Caran d'Ache or Derwent aquarelle pencils (mix with brush & water)
<http://www.dickblick.com/products/caran-dache-supracolor-soft-aquarelle-pencil-sets/>
- **Set of Caran d'Ache aquarelle crayons or Caran d'Ache Neocolor II aquarelle water-soluble pastels.
<http://www.dickblick.com/products/caran-dache-neocolor-ii-artists-crayons/> These are great for traveling. They can be used either like a pastel or a watercolor! (Mix with brush & water). If you bring water-soluble pastels, you'll need #4 and #8 synthetic sable brushes too.

Watercolors (Great for the light of Greece)

- Watercolor blocks, or tablet (suitcase size or smaller) Bring at least two of different sizes. AND/OR

- Arches 140lb Cold press (slightly rough surface) or Hot press (smooth surface your choice or combination) - cut them into small sizes to fit in your portfolio or you can roll them
- A sturdy waterproof board (gator board is best, but canvas board, masonite is fine) in a size just slightly bigger than your largest paper
- Large drawing clips and/or push pins for gator board
- Drafting tape
- Watercolors - A set of pan colors or tubes. (You may also purchase a set of tube colors.)
<http://www.dickblick.com/watercolor/sets/> There are a variety of sets on this website, call me if you need help. Either the pans or tubes are fine, there is also a traveling set for those of you who want to really travel lightly!
- Colors: Cadmium Yellow, Yellow Ochre, Cadmium Red Light/Vermillion, Burnt Sienna, Raw Umber, Carmine, Magenta, Sap Green, Viridian Green, Cobalt Blue, Ultramarine Blue, Cerulean Blue, Violet, Chinese White, Black.
- Small portable plastic palette (especially for tube colors)
- 3 to 4 watercolor brushes (size differs between brands— get good variation of sizes: Basics: Large wash brush 1" (squirrel or synthetic), #4 round brush - synthetic sable or sable, #8 and/or # 10 round brush - synthetic sable or sable.

Recommended Vaccines and Medications

While each person's body has different needs, we recommend the following vaccines and medications as a precaution when traveling to foreign countries. These recommendations are meant to prepare you so you can make intelligent choices regarding your body, not to scare you as they are just suggestions based on the Center for Disease Control and my own personal experience (I used to be a physician). Please consult with your own doctor regarding these suggested medications.

- Six pills of Ciprofloxin 500mg (or the equivalent if you are allergic to Cipro) to be taken twice a day for three days for severe diarrhea that lasts more than a couple of days or for food poisoning
- Pepto Bismol for mild stomach problems or diarrhea
- Imodium for moderate diarrhea problems
- Aspirin, Tylenol or Motrin for aches, pains, headaches, etc.
- Rolaids, Tums or any antacid of choice
- Benadryl for allergic reactions, bug bites or lack of sleep
- One set of ten days of Amoxicillin (or the equivalent if you are allergic to penicillin) for sinus infections, bronchitis or pneumonia
- A tube of Bacitracin or Triple Antibiotic Ointment for cuts and a tube of Hydracortisone crème for itchy critter bites and rashes
- Have you had your Measles, Mumps and Rubella vaccine?
- Tetanus shot
- Polio Vaccine
- Hepatitis B: This consists of three injections given over 6 months. All people regardless of whether they travel or not should consider this set of injections. Hepatitis B is passed through sexual relations and/or blood exchange. A person can be a carrier of this disease without you ever knowing it.
- Hepatitis A: It is recommended by the Center for Disease Control that all travelers have this vaccine. It consists of two injections given 6 months apart. You can catch Hepatitis A just from drinking a glass of water and pass it to an entire group of people from sharing water bottles, etc.
- Measles Vaccine: ask your doctor if you need a second dose
- An Epi-pen if you are susceptible to severe allergic reactions
- Please consult your travel physician regarding the current Center for Disease Control recommendations.