

General Packing List

Credo House, Wilderswil, Switzerland August 25-28, 2025

Here are some ideas that you can use for packing to ensure comfort and readiness:

Clothing - outdoor: Given the late summer timing and alpine location, you should prepare for variable weather conditions, ranging from warm afternoons to cooler evenings.

- **Layered Apparel:** Pack breathable thermal T-shirts (both long-sleeved and short-sleeved) and a fleece jacket to adjust to temperature fluctuations.
- **Waterproof Outerwear:** A lightweight, waterproof jacket and pants are essential to stay dry during unexpected rain showers. Umbrellas and rain ponchos are a good idea too.
- **Comfortable Footwear:** Bring sturdy, comfortable shoes suitable for walking or light hiking, as the conference includes outdoor activities.
- **Accessories:** Include a warm hat and a scarf for cooler evenings, as well as a sun hat and sunglasses for daytime sun protection.

Conference Materials:

- **Notebook and Pen:** For taking notes during sessions.
- **Electronic Devices:** A laptop or tablet for presentations or note-taking, along with necessary chargers. Please note that you might want to bring a plug adapter for your electronics depending on your country of origin, since Switzerland has a special type of power outlets. More information [here](#).
- **Portable Charger or Power Bank**
- **Business Cards:** To facilitate networking with fellow academics.

Personal Items:

- **Medications:** Any personal medications you require.
- **Bug repellent:** Some repellents are formulated to work against a variety of insects. Make sure yours will also cover both mosquitoes and ticks. Repellent wipes or bands are also a good idea, since they are easy to carry with you everywhere.
- **Toiletries:** Basic personal hygiene items.
- **Hair dryer:** depends on your personal needs.
- **Sleep earplugs and a sleep mask (+/- Melatonin):** They are always a good idea, especially if you are light sleepers or sensitive to unfamiliar environments
- **Sunscreen:** Protective lotion to guard against sun exposure during outdoor activities.

Optional Items:

- **Backpack:** A small daypack or purse for carrying essentials during sessions or outdoor excursions.
- **Reusable Water Bottle:** To stay hydrated throughout the day.
- **Travel-related Digestive Issues:** Changes in food, water, or altitude can upset digestion, even in a clean environment like the Swiss Alps.
 - **Quick Relief:** Access to familiar medications ensures prompt treatment and avoids reliance on local pharmacies, which may have different brands or availability.
 - **Preparedness:** Being prepared for minor health issues reduces stress and ensures participation in all conference activities.

Recommended Medications:

1. **For Nausea:**
 - ✓ **Over-the-counter options:**
 - Meclizine or Dimenhydrinate (for motion sickness).
 - Ginger tablets or candies (natural remedies for mild nausea).
 - ✓ **Prescription medications:** Consult a doctor for stronger anti-nausea options if prone to severe sickness.
 2. **For Diarrhea:**
 - ✓ **Loperamide (Imodium®):** Effective for controlling diarrhea during travel.
 - ✓ **Oral Rehydration Salts (ORS):** To prevent dehydration caused by diarrhea.
 - ✓ **Probiotics:** Helpful for digestive balance.
 3. **Optional Add-ons:**
 - Antacids (e.g., Tums®, Roloids®, Rennie®, Gaviscon®) for indigestion or heartburn.
 - Activated charcoal tablets (for mild cases of food sensitivity).
- **Small safety or first-aid kit:** Credo House has a first-aid kit, but having a small safety kit with you might be a practical and thoughtful addition to the packing list, offering peace of mind and readiness for minor incidents.
 1. **Basic First-Aid Supplies:**
 - Adhesive bandages (various sizes) for cuts and blisters.
 - Sterile gauze pads and adhesive tape for larger wounds.
 - Antiseptic wipes or alcohol swabs for cleaning wounds.
 - Antibacterial ointment (e.g., Neosporin®, Baneocin®) to prevent infections.
 2. **Pain Relief and Medications:**
 - Over-the-counter pain relievers (e.g., ibuprofen, acetaminophen).
 - Antihistamines for allergic reactions (e.g., cetirizine).
 - Personal prescription medications in labeled containers.

3. Blister Care:

- Moleskin or blister pads to protect feet during hikes or walks.

4. Additional Essentials:

- Tweezers for removing splinters or ticks.
- Safety pins for securing bandages or clothing.
- Scissors (travel-friendly or mini-sized).
- Disposable gloves for hygiene during wound care.

5. Optional Items:

- A small instant cold pack for sprains or bruises.
- A whistle or small flashlight for emergencies.

○ **Packaging Tips:**

- ✓ Opt for a lightweight, travel-sized first-aid kit to save space.
- ✓ Keep it in a waterproof pouch or ziplock bag to protect it from moisture.
- ✓ Include any essential items specific to your health or outdoor needs.