

Packing List

Luggage

- Large backpack, duffel or cargo bag that can be carried via a shoulder strap.
- Medium-sized daypack to be used as airplane carry-on and for day trips

Important Documents and Money

- Passport
- Photocopy of passport to be stored in a separate place.
- Insurance card or information about your personal health insurance coverage
- Cash. We recommend clean, crisp new bills to pay for airport taxes and other miscellaneous expenses

Clothing

- 2 pairs of shoes
 - Sneakers
 - River shoes for white water rafting – Chacos, Tevas, Keens, etc.– shoes must have a back ankle strap
- 2 -3 pairs of lightweight cotton or quick-dry long pants (**not tight fitting yoga or gym pants**)
- 2 pairs of shorts - preferably quick-dry. Basketball or board shorts would work well. Shorts are **not** appropriate for the worksite.
- 1 swimsuit
- Optional for females: one skirt, knee to mid-calf length
- 5 short-sleeved shirts - preferably a few should be quick-dry
- 2 long-sleeved shirts - preferably one should be quick-dry
- 1 lightweight rain jacket
- 10 pairs of socks
- 10 pairs of underwear plus 3 bras (at least one quick drying sports bra) and 1 cami undershirt for females
- 1 pair of pajama pants or shorts
- Hat for sun protection (preferably wide-brimmed or one that covers the neck)
- 1 pair of work gloves for Community Project

Toiletries

- Shampoo and conditioner
- Soap
- Toothbrush + Toothpaste
- Dental floss
- Comb
- A few small bottles of Purell hand sanitizer
- Deodorant
- Feminine Supplies, you will need enough for the whole program

Other

- Shower towel
- Bandana to cover neck and to use as wash clothes
- 2 reusable 1 liter water bottles -- please clip a charm, tag or something to help identify the bottles as yours
- Sunglasses
- Headlamp and extra batteries
- Pens and pencils
- Ear plugs for sleeping in noisy areas – **optional**
- Sleep sack – **optional**
- Wristwatch with alarm (watches help students be on time)
- Host family and community gifts
- Books
- Games to play with host family and/or community members (UNO and checkers are perennial favorites.)
- Camera and charger (a spare battery may also be useful)
- Pillow case (useful as a laundry bag; filled with laundry it also makes a comfortable pillow)
- Spanish/English dictionary

