



### **EXPEDITION PACKING LIST**

Take as little as possible. Bring clothing that is comfortable, lightweight, and easy to care for. Here is a suggested list of items to pack:

#### **WHAT TO PACK:**

- 5-6 t-shirts
- 2 pair of long shorts/capri pants (girls, please make sure your shorts come to the knee)
- Light jacket
- Sweatshirt/long-sleeved tee...whatever you prefer
- Rain jacket, anorak or poncho
- 1 pair of pants for working
- Clothes to lounge in at night
- 1 pair of sandals that are comfortable, can get wet, etc. (Tevas, Chacos)
- 1 pair of tennis shoes or sturdy shoes for working
- Camera and charger/batteries
- Adapter for battery chargers, etc.
- Video camera (optional). (Bring your charger).
- Small calculator (for money exchange rate)
- Journal
- Alarm clock
- Adequate underwear (you can always wash out in shower or have it laundered at the hotel for a small fee)
- Bug spray and Anti-itch cream for bites
- Baby wipes (our hands get really dirty, bring plenty!!)
- Hand sanitizer
- Pajamas
- Bathing Suit
- Shower flip flops (recommended)
- Travel towel
- Small travel pillow
- Enough power bars/ granola bars/fruit snacks/trail mix/beef jerky, etc. for the 2+ weeks we will be gone.
- Toiletries (shampoo, conditioner, etc.) in TRIAL size containers
- Flashlight/headlamp
- Durable water bottle you can refill every day (ex. Nalgene)
- Sunscreen
- Hat

- Scarf /Bandana to keep neck from getting burned on the project (optional)
- Sunglasses
- Work Gloves

All of your personal items will need to fit in a carry on bag and the two bags that you check onto the plane will be filled with service supplies.

### **Service Bags**

Each volunteer will be responsible for filling two service bags (Army duffle bags) and will be checking them in under his/her name. Service bags should be filled with supplies that will benefit a classroom vs. just one child. As a note, all of the children speak English. Here are some ideas:

- School supplies – chalk, pens, pencils, colored pencils, markers, lined paper, computer paper, construction paper, stickers, crayons, etc.
- Educational posters
- Children's books/Reading books (for all levels)
- Textbooks (for all levels)
- Sports equipment (including soccer balls AND pumps)
- First aid supplies
- Tools

Airlines do impose weight limitations on baggage. Since this changes from year to year and from one airport to another, team leaders will advise the volunteers of those limitations. The general limit is 50 lbs. per check-on bag.