

Trip Packing Checklist

TO BRING:

Clothing

- Work shoes:** 1 pair of sturdy work/hiking boots, tennis shoes, or sneakers.
- Work clothes:** Long pants required for community work projects. (Clothes and Shoes WILL GET DIRTY.)
- Work gloves:** 1 pair of work or garden gloves.
- Shoes:** At least 1 pair of shoes in addition to work shoes.
- Clothes:** Casual/comfortable clothes for regular wear. To respect local culture, no halters, tank tops or short shorts.
- Long sleeves:** At least one long sleeve item for layering & sun protection, i.e. hoodie, long-sleeve T-shirt, sweatshirt, sweater, or fleece

Personal Items

- Personal water bottle**
- Mosquito repellent**
- Sunglasses**
- Sun screen**
- Hat** – baseball cap or sunhat
- Personal toiletries** – bio-degradable natural products preferred
- Personal medications** – list of all prescription medications and/or medical conditions must be submitted to trip coordinators prior to departure
- Camera** – including extra batteries and film/cards
- Sleeping bag or blanket ***

Required

- Volunteer's Medical Information Form** including emergency contact info
- Volunteer Release and Waiver of Liability Form**
- Proof of Health and/or Travel Insurance**
- Proper Identification**
Passport – Now required for all US citizens crossing the US International border.

If you are not a US Citizen, check with Immigration and Naturalization Services to see what is needed to re-enter the USA. The necessary forms of ID are likely: Passport, Visa, I 20, I 94 (INS Website info @ www.ins.gov). May also check with the Consulate to confirm the documents needed to enter the country.