

## Packing List

The standard international flight limits two suitcases that can carry 50lbs worth of things. Be sure to verify weight limits with your airline. Try for large bags with wheels, crates, or wheeled suitcases.

The following suggestions are for a ten-twelve month term.

**Clothing** (enough for about 1 week) - *Bring a few things specifically for work as well as 2 nice outfits for Sabbaths and special occasions.*

- 6 pairs of socks - *most people generally use flip-flops or sandals and rarely use socks except for exercise (running)*
- 2-3 pairs of jeans/pants - *nylon pants ideal for coolness and easy washing*
- 4-5 pairs of shorts
- 4-5 pairs scrubs (required for medical)
- 2 pairs older tennis shoes (they will get dirty fast)
- Work boots (instead of work tennis shoes)
- 1 pair or sandals - *you can buy flip flops here easily and get sandals too*
- 10 pairs of underwear
- Girls: bras or sports bras
- 6 short-sleeve shirts
- 2 long sleeve shirts
- 1 warm fleece or light jacket
- Rain coat or poncho
- 2 changes of church clothing - *suits are not recommended, but church attire should be special. Look for NO WRINKLE SHIRTS AND PANTS. We don't have an iron, but you may bring your own if you choose. The key is to be modest, you need to blend in with the conservative lifestyle!*  
**Men** wear dress pants...brown, black, nice khaki. Button down shirt (short sleeve), tie, and dress shoes.  
**Women** wear their best. Simple dress or skirt/shirt outfits knee length or longer. Nylons are unnecessary. You may enjoy having linen or khaki casual skirt for daily wear.
- Bandanas or hat

- Modest swim suit or trunks (one-piece for women)

### **Toiletries**

- Waterless face towelettes or baby wipes
- Razor and extra blades
- Special conditioners or hair products
- Special lotions or perfumes/colognes
- Fingernail clippers
- Contact solution and spare contacts (if needed)
- Female hygiene needs: pads and tampons. *Note: tampons are difficult to buy here*
- Travel size toiletry bottles refillable for trips
- Deodorant, toothpaste, soap, shampoo, toilet paper, etc. can be bought here - *you can even get some familiar brands (Crest toothpaste and Pantene shampoo). However, if you are stuck on needing a specific type or brand of a product, you may wish to bring it.*

### **Other accessories and supplies**

- Devotional books/uplifting casual reading
- Pocket Spanish/English dictionary
- Spanish/English bible
- Spanish hymnal - *you can purchase one in Peru without music for approx. \$3 or with music for \$10*
- Peru Travel Guidebook (Lonely Planet is great)
- Journal
- Small calculator
- Thank you notes for donations, care packages, etc.
- Good pens
- Travel alarm clock
- Watch
- Small calendar or planner
- Ziploc bags
- Ear plugs
- Eye mask (for sleeping)

- Duck tape
- Permanent markers
- Pocket knife
- Small rope for clothesline when traveling
- Sleeping pad
- Headlamp and flashlight (bring a good supply of batteries)
- Camping lantern (when on travel team you may not have electricity)
- Two water bottles (hard plastic or metal)
- Water Filtration Unit
- Hand sanitizer
- Sunscreen
- Bug repellent (with DEET)
- Sewing kit
- Taco Bell sauce
- Seasonings
- Peanut butter & jelly
- 220 - 110 Converter minimum 50W - *check the capacity of the converter/check the volts on what you're bringing and make sure they are all compatible with your converter.*
- Surge protector
- Laptop - *Optional as you can always go to the internet cafe to communicate*
- Digital camera with memory card
- Flash Drive
- Stethoscope (nurses)
- Passport
- Passport Copies - *travel with at least two copies of your passport stored in other areas of luggage*
- Backpack
- Wallet and/or change purse
- Key chain for house keys
- Malaria medication (mefloquine recommended)

### **Kid stuff**

- Christian based Spanish coloring books (copies can be made here)

- American magazines
- Little toys for kids from dollar store - *like little toy cars, tiny stuffed animals, bouncy balls, marbles, rubber ducks, balloons, puppets, face paint, stickers, crafts, bubbles, bracelets, crayons, athletic game equipment, etc.*
- Wrapped candy that will not melt or spoil

### **Sleeping Things**

- Travel pillow
- Two sets of sheets
- Light blanket
- Two towels and washcloths
- Laundry bag or pop-basket
- Skirt hangers (girls)

### **Money**

It is extremely difficult to cash Traveler's checks in Pucallpa, Peru. US dollars can easily be exchanged in Pucallpa but Peruvian banks & stores do not accept bills that have tears, bad creases, folds, marks, or contain writing. It is very important to bring pristine American bills. You may call your local bank and see if it is possible to order "new" bills. Twenty-dollar bills are preferred. You can also use your debit card to extract money from your bank account at home and receive it in the local currency (Peru Nuevos Soles).

### **Things you can buy here:**

Hangers, clothes pins, laundry soap, bleach, cleaning supplies, most clothes, shoes, toiletries, etc.

Don't feel like you must bring everything you need to live for the year. Pack light and buy here to support the local economy. Most volunteers list as one of their top-five "would do differently" items as bringing less stuff.