

SUGGESTED PACKING LIST

Use judgment when deciding what to bring. Please understand that we will be working hard and getting dirty. It is advisable that you don't bring your favorite/most valuable possessions with you. Many people choose to leave/donate a lot of what they bring. Also, we will be moving throughout the country and while you are welcome to bring what you like, you will be expected to carry it.

We recommend you bring a larger piece of luggage like a backpack, roller or duffle bag and a smaller backpack that you can bring on hikes, weekend excursions and shorter activities.

There will be opportunities for you to wash your clothes throughout the program, but note that washing machines and especially driers are rarely available.

Clothes:

- 7-9 pairs of underwear
- 6-8 pairs of socks (include 1-2 pairs of long/soccer socks)
- 6-7 t-shirts, tank tops or work shirts
- 2 long sleeve shirts
- 1-2 sweatshirts/jackets
- 3-4 pairs of athletic/work shorts
- 2 pairs of comfortable/work pants
- 1 nice shirt/top to be worn at fiestas or more formal dinners
(girls might want a skirt or something a little nicer for such occasions)
- 1-2 swimsuits
- 1 rain jacket (rain pants are optional)
- 2 pairs of work shoes/boots (please make sure one pair is acceptable for hiking/athletics)
- 1 pair of sports sandals ie Chacos/Tevas etc.
- 1 pair flip flops (optional)
- 1 pair of work gloves
- 1 towel (quick dry is advisable)
- 1 beach towel
- Sunglasses

Toiletries: Bring the BASIC toiletries you need plus:

- Sunscreen (you will use a lot)
- Mosquito repellent
- Band aids and Neosporin
- Hand Sanitizer

Continued ...



Walking Tree Travel

Miscellaneous:

- Journal and pen
- Book
- Camera (disposable/waterproof, digital)
- Alarm Clock and watch
- Debit card/US Dollars/Traveler's checks
(we recommend about \$150, depending on amount of desired souvenirs, extra items etc.)
- Durable water bottle
- Flashlight
- Batteries
- Lite sleeping bag/bag liner
- A small gift for host family/photos of your home and family to show your host family
- Spanish/English dictionary