

Project Ecuador Packing List

2 suitcases to be checked (weighing up to 50lbs each and measuring up to 62in) **and 1 carry-on only.** We would like everyone to try to get all of their personal items in one checked bag and have a second checked bag available for donated items. *Also, consider bringing clothes and personal items that you can leave behind as gifts for the people of Valle Hermoso.*

- Included in these clothes should be work clothes you can get grubby but also 1 or 2 nice outfits for church and special occasions. In all circumstances, dress should be modest. *No tight, skimpy, low-cut tops (for guys or girls) or short shorts.* Also, we will be washing our own clothes by hand.
- Walking shoes, work shoes, sandals (1 pair each)
- Bandanna
- raincoat/poncho
- 2 long sleeved shirts,
- 4-5 short sleeved shirts
- 1-2 pairs jeans
- 2 light weight khaki type or cargo pants (nothing too nice)
- 3-4 pairs of shorts
- 2 pairs of p.j.'s
- 6-7 pairs of undergarments and such
- 1 swimsuit
- 7 pr. socks,
- boys-belts, no sagging
- 1 sweater/sweatshirt
- Wash cloth
- 2 towels (again, we will be doing wash by hand)
- Toothbrush, brush, comb, etc.

*Personal hygiene items, i.e. shampoo, soap (**Please plan on **sharing** some of these items with family or a friend so we can save room in our suitcase for other things, i.e. donations, shopping items) Good tip **bring unscented** items so the bugs won't be so attracted to you. Seriously!! No perfume or cologne*

- Small amount of powdered laundry detergent
- 2 rolls of top. (pull out the roll and smash it)
- towellettes/baby wipes
- Sun Block (at least 30 spf)
- Bug repellent (with DEET)
- Small personal first-aid kit (including triple antibiotic, anti diarrheal, pepto, etc.)
- Small Flashlight
- batteries
- personal medications (check them in with Kimber)
- hand sanitizer (again, you can share)
- A few plastic ziplock bags (gallon size) for wet clothes
- Sunglasses (a must)
- Wide Hat, sun is VERY STRONG. YOU WILL BURN (suggestion, get a base tan before you go)

- Camera with enough film/SD cards
- Spending \$\$\$- recommended \$100 minimum, but should be plenty. Our \$\$ goes much farther down there.
- **Passport** and (ID just in case), 2 copies of passport also (color copy if possible)
- Vaccination Records
- Passport Pouch (worn around your neck) or money belt for passport, spending money, vaccination record
- Small Waterproof backpack and/or fanny pack
- Cheap rubber boots (for rainforest)

Optional Items: binoculars, video camera, diary/journal, Pocket Spanish-English Dictionary. Any personal electronics must have headphones and you bring them at your own risk, they are easily lost or stolen.

Carry-on Bag:

- 1 piece weighing up to 22lbs, and measuring up to 45in.
- Prohibited Articles: **Corrosives**, including lye, bleaches, drain cleaners and solvents as they contain dangerous chemicals. **Explosives**, including fireworks and gunpowder. **Flammable articles**, including gasoline, paints, solvents, aerosols, adhesives, matches, lighters, and flammable gases. Materials based on or containing **magnets. Sharp objects** of any kind.
- **Liquids, gels, and medications** must be in containers not exceeding 3.4oz (100ml) each. They must be placed together in one transparent 1-quart zip-lock bag, measuring no more than 8.3 x 7.3 in. The bag must be sealed and the contents placed so that visual or X-ray inspection may be done separate from your carry-on baggage. If any of the articles do not fit into a transparent 1-quart re-sealable bag and/or exceeds 3.4oz (100ml), you must declare it to the security personnel at the boarding gate.

DO NOT BRING:

- **Cell phones** – Cell phones will not only be very unreliable, expensive to use, and easy to lose... they are unnecessary and counterproductive to the mission. Several adult leaders will have phones with international plans and their numbers will be provided to your families along with a couple of land line phones we will have access to. There will be several opportunities for you to call home during the trip and we will have a phone tree that we will activate at designated times.
- **Valuables** – Leave expensive jewelry, electronics, etc. at home. Your passport, spending money, and vaccination records should be in a passport pouch worn around your neck or in a money belt while traveling.
- **Food** – You can bring a small amount of snacks for traveling (keep in your carry-on bag) but other than that do not bring food. Let us know if you have any real dietary concerns and we will make arrangements. Otherwise, we will be provided with plenty of good food by our hosts and we don't want to deal with the many and varied food import regulations and possible fines.
- **Drugs** (illegal drugs or prescription drugs that don't belong to you), **Alcohol, Fireworks, or Weapons** of any kind.