



PACKING LIST

Note: Please do not bring tank tops and other revealing clothes out of respect for the culture. We will not be able to wear shorts to the service projects/cultural excursions. Nice clothes are fine but do not bring brand new, fancy or expensive clothes. Look presentable and fit in please. It's not a bad idea to bring clothes that you don't mind donating when we leave.

WHAT NOT TO BRING:

- New or fancy clothing (We will be working with people in extreme poverty. Look presentable, not flashy.)
- Tons of makeup (not even half a ton!)
- curling irons, etc.
- Any electronic device (except cameras!)**
- Anything that you would feel upset about losing
- Jewelry
- Tank tops and other clothes that show a lot of skin

Bags: One checked bag not to exceed 50 lbs., and one carry on not to exceed 15 lbs.

Clothes:

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| _____ 3-4 other t-shirts (dri-fit or cotton) | _____ 1 pair flip-flops, sandals, or slides |
| _____ 1 pair of long shorts (knee length/basketball style); no super short running shorts | _____ socks & underwear |
| _____ 2 pair of long sturdy pants (jeans or khakis for service projects) | _____ pajamas |
| _____ 2 pairs of long pants (lighter in weight) NO YOGA PANTS! | _____ hat (for sun – baseball caps are fine) |
| _____ 1 sweatshirt, fleece top or light jacket | _____ rain jacket or poncho with hood |
| _____ 2 long sleeve t-shirts | _____ long skirt for special events |
| _____ 2 comfortable, sturdy pairs of footwear for all occasions | _____ 1-2 button up shirts (short sleeve ok) |

(Tennis shoes/sneakers are acceptable.

If it rains, it is nice to have a dry pair of shoes.)

Other:

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| _____ Passport (GL staff will collect at airport after customs- make sure it's signed) | _____ Spanish/English Dictionary |
| _____ snacks for flight (granola bars, peanut butter, candy...) | _____ A good book or two |
| _____ sunscreen (at least 30 SPF) | _____ travel journal |
| _____ lip balm with SPF | _____ travel alarm clock or watch |
| _____ insect repellent (the higher the DEET, the better) | _____ towel & toiletries, gender specific toiletries
(don't plan on buying ANY of these there) |
| _____ water bottle (2) | _____ eyeglasses (if you wear contacts) |
| _____ camera | _____ sunglasses |
| _____ work gloves | _____ any medication you are currently taking
(remember to give prescription copies to staff!) |
| _____ gift money (cash) | _____ anti-bacterial gel |
| _____ \$140 cash for tips (hostel workers, tour guides, assistance at worksites) | _____ photos of your family, friends and life |