



Packing List

General Packing List:

1. Main suitcase/backpack to carry all your things—you must be able to carry your luggage because no one is going to be able to help you since their hands will be full as well. In general, pack light. A large backpacking backpack is best for mobility. Many groups have been able to keep their bags to under 20 pounds while including most things on this list.
2. Small pack or bag for hiking.
3. Passport and Passport Pouch for passport, money, etc
4. Water bottle
5. Sun glasses, bandana or hat
6. Sunscreen (MUST), chap stick, and aloe for sunburns.
7. Shorts
8. Shirts
9. Socks and underwear
10. Sandals that can get wet (Teva/Crocs/Chacos are great). Break in before coming!
11. Tennis shoes that can get dirty.
12. Swim-suit
13. Toiletries (the normal stuff – travel size)
14. Light rain jacket or pocket umbrella (optional)
15. Small flashlight – headlamp is most convenient (optional)
16. Extra bag to carry home wet/dirty clothes (Ziplocs are great)

CD project/Island Stay/Village Visit

17. At least 1 pair of pants (men)—bring the lightest pairs you have, wind-pants or cotton slacks work well; jeans are not a good choice. Pants that zip off into shorts or capris are great! or 1 long skirt (ladies)
Pants and skirts should pass well below the knees
18. T-shirts/polo shirts (Everyone must have shirts that has short sleeves (not tank-top) for village visits. Ladies must also have a modest neck-line on their shirts.)



Jungle Hike/Overnight

19. Anti-bacteria hand sanitizer
20. Bug spray
21. Campsite clothes (comfortable shorts and T-Shirt)
22. Ziplock bag – Large (freezer size)

Other

23. Camera (optional)
24. Writing Gear (Notebook/paper and pen/pencil)
25. S\$20-50 spending money for souvenirs, canteen etc
26. Ear plugs (optional)
27. Book (optional)