

Suggested Packing List

Pack enough clothing for one week. There are outdoor washboards if you wish to hand wash some of your clothing throughout the week. You may consider bringing:

- Activewear for recreational activities
- Dress casual clothing for church or visiting other cultural or educational centres
- A sweatshirt or light jacket
- Rain Jacket or umbrella
- Hat or bandanna
- Close-toed shoes for visiting the workshops
- Casual shoes and/or sandals

Consider bringing the following personal items:

- Personal toiletries such as shampoo, conditioner, soap, toothbrush, toothpaste etc.
- Refillable Water Bottle
- Insect Repellent with Deet
- Sunscreen
- Hand Sanitizer
- Prescription Medications (in their original containers)
- Flashlight or travel reading lamp
- Snacks, sports drink mixes
- Journal, reading books, pens, cards etc.
- Surgical and/or N-95/KN-95 masks

As a group, you may consider bringing some of the following items

- Basic first aid kit
- Over-the counter medications for nausea, diarrhea, pain etc.
- Hand sanitizer
- Group reflection/devotional materials
- Games, activities, and sports equipment
- Sheets and towels will be provided, but you are welcome to bring an extra set
- Spanish/English dictionary or Translation Application that works offline

Any belongings you bring with you are your responsibility and El Hogar is not responsible for any loss or damage of your personal property during your stay. Please consider leaving any valuable personal items, such as jewelry or electronics at home. Please be extra cautious about any valuables that you do bring, ensuring you keep them on your person or secured in the volunteer house.

