**Esperanza - Packing List**

**Important**
- Spending Money: $25-$50 USD (shopping in the local markets, phone cards, beverages and snacks, etc)
- Medical Form (Must be completed & signed)
- Liability Form (Must be completed & signed)
- Passport + Copy of passport
- **Bedding - Sleeping bag or sheets (fitted & top for twin size) and blanket**
- Personal Medications (Must be in original bottles with labels for border crossing)
- Towel

**Clothing**
- Shorts
- Lightweight pants
- Short sleeve T-shirts (Please no tank tops)
- Sweatshirt or long sleeve shirt
- Lightweight jacket
- Sturdy shoes for worksite (tennis shoes ok)
- Sandals

**Gear**
- Work gloves (we will be hauling concrete blocks and digging)
- Ear plugs and safety glasses
- Sunglasses
- Travel Size Sunscreen
- Travel Size Bugspray
- Hat for sun
- Toiletries (soap, shampoo, etc)
- Tums, Pepto-Bismol, Imodium
- Small flashlight
- Water bottle!
- Antibacterial hand wipes - great for cleaning dirty hands when wash facilities are not available