

# What to Bring

## 1. What IP Provides

- Drinking water
- Food
- Toilet paper
- Laundry detergent
- Basic first aid - antiseptics, band-aids, OTC pain relievers - Motrin, Advil, Tylenol- rehydration mix, anti-parasite

## 2. Passport and Money

- Original Passport must be with you at the airport
- Leave a copy of passport at home, hide another in gear, and bring original
- Picture ID – diver's license, school ID, etc.
- At least \$100 in small bills (\$1, 5, 10) hidden in several places, \$10 always in pocket
- Plus - \$10 to pay for a visa at the San Salvador airport upon arrival in El Salvador

## 3. Clothes

- 2 sets of casual clothes to wear on plane and while in city – women modest clothes only
- 2 - 3 pair of comfortable, long, work pants (quick dry or light weight fabric is ideal, jeans are hot and difficult to get dry once wet)
- 2 - 3 pairs of shorts
- 6 shirts for working – with sleeves to prevent sunburn on shoulders/arms
- 1 long sleeve shirt
- 1 sweatshirt or light jacket
- 8 underwear
- 8 socks
- Night clothes for non-private wear (shorts & t-shirt)
- Rain jacket or poncho (optional)
- 1 pair of work boots – you MUST wear boots at construction worksites
- 1 pair of comfortable shoes (sneakers)
- 1 pair of Teva type sandals, flip-flops or water shoes for bathing and swimming
- Bathing suit (for women: one piece with quick dry shorts or a sports bra and quick dry shorts or a long t-shirt to wear over one piece or two piece - no string bikinis)
- Hat
- Bandanas and/or hand towels for wiping sweat from brow

## 4. Toiletries and Medicine

- Soap
- Tooth brush, paste, dental floss
- Tampons for females
- Shaving gear
- Shampoo
- Bug repellent with deet
- Sting-ease, or something to soothe insect bites
- Personal prescriptions, pain killers and antibiotics, if possible
- Calamine lotion, band-aids, sudaphedrine, benadryl, aspirin, vitamins optional
- Anything you would want to have with you if you if you get a headache, earache, upset stomach, or cold
- Sunscreen - required
- Hand sanitizer -required
- Tissue
- Lip balm

## 5. Miscellaneous

- Daypack, waist pack, or tote bag
- Spanish dictionary or phrase book
- Camera & film (extra batteries for your camera)
- Polaroid camera & film, if you have one
- Small album w/pictures of your family, house, school, friends, etc.

- \_\_\_ Gift for your host family: framed picture of yourself (other gift ideas include: work gloves, kitchen gadgets (potato peelers) postcards from your home town, t-shirts, baseball hats, pins, pens, stuffed animals, crayons, coloring books, soccer balls)
- \_\_\_ Flashlight and **extra batteries**
- \_\_\_ Travel alarm
- \_\_\_ Extra eye glasses, contacts
- \_\_\_ Sunglasses - essential
- \_\_\_ Jewelry – minimize
- \_\_\_ Playing cards, marbles, jacks, Frisbee, jump rope, soccer ball
- \_\_\_ Water bottle w/ a screw top like Nalgene brand
- \_\_\_ Zip lock bags, sandwich and gallon size, & a roll of duct tape
- \_\_\_ Books (for your reading pleasure)
- \_\_\_ Journal, pen, writing paper - You will thank yourself later for recording your impressions when they happen
- \_\_\_ Mosquito netting
- \_\_\_ Light sleep sack – you can make one by sewing up a flat bed sheet
- \_\_\_ Towels for bathing and swimming
- \_\_\_ Laundry bag (a pillow case will work fine)
- \_\_\_ Pillow - optional
- \_\_\_ Work gloves – essential
- \_\_\_ Safety goggles
- \_\_\_ Ear plugs (the roosters crow throughout the night)
- \_\_\_ Musical instruments - guitars, small drums, etc.
- \_\_\_ Granola bars, energy bars
- \_\_\_ Small fan/extension cord

## 6. How to Pack - Luggage details

- \_\_\_ 1 "Purse" – this can also be a small day pack, tote bag, camera bag, etc.; anything that will fit under the seat in front of you
- \_\_\_ 1 Carry-On ideally w/wheels - Weight limit is **20 LBS** The size is not to exceed **45"** (the total of the width plus height plus length)  
**\*\*\*Pack clothes and toiletries for days in San Salvador in your carry on bag\*\*\***
- \_\_\_ 2 Checked Bags – weight limit is **50 LBS each**. The size is not to exceed **62"** (the total of the width plus height plus length) **Label suitcases with Name and Community!**

## 7. Fill your suitcases with donations to the limit (50 pounds each). Items will be distributed in your community.

- Stuffed animals
- Children's shoes
- School supplies, art supplies, **books in Spanish**
- Math flash cards, English/Spanish flash cards
- Toys for dramatic play: dolls, dress-up clothes, trucks, cars, toy tools, doctor/nurse kits, etc.
- Games such as playing cards, jacks, marbles, jump ropes, Frisbees, balls, etc.
- Blocks, legos, and other "construction" materials, puzzles
- Sand box toys: buckets, shovels, dump trucks
- Measuring materials: rulers, measuring cups, spoons, etc.
- Office materials: 3x5 or 4x6 index cards, calculators, tape, file folders, staplers, staples, paper clips, etc.
- CD players, CDs of children's songs in Spanish, musical instruments
- First aid supplies, toothbrushes, toothpaste
- Antibiotics
- Reading glasses (Dollar store)
- Basic tools (hammers, pliers, kitchen tools, etc.)