

- Pack only two soft small bags plus your sleeping bag /mat
- Pack as sparsely as possible
- Clothes pack more tightly when rolled

**DO NOT BRING:**

- Cell phones, Ipods, discmen, or other electronic items
- Lots of extra cash
- Hair dryers, curling irons, etc.
- Jewelry or nice cameras
- Short gym shorts or spandex shorts, or other provocative attire including tank tops, sleeveless shirts, low neck-line or tight shirts

**WHAT TO BRING LIST (for Spring Break participants):**

Note: During Spring Break in Tijuana, the temperature is very unpredictable. It can get pretty warm during the day (60s to low 70s,) but typically drops drastically in the evenings, sometimes down to the 30s. Please be prepared for cold temperatures at night, and possible rain during the day.

- Legal identification with your picture on it (official state drivers license or ID card --not school ID--and your original birth certificate) or your passport.
- Sleeping bag and pad if desired (for sleeping on floor)
- Pillow
- 2-3 pairs of long pants
- Working shoes / boots
- Work Gloves
- 2 pairs of athletic shorts (no short shorts), all shorts must rise no further than 3 inches above the knee when leaning over
- 1 pair of tennis shoes
- Flip flops or sandals for shower and relaxing
- 2 long sleeve work shirts
- 6 short sleeve shirts (no tank tops or sleeveless shirts and no cutting off sleeves)
- Underwear...you make the call
- 8 Pairs of socks
- 2 Sweatshirts or Sweaters
- Windbreaker or Rain Jacket
- Bathing suit (only needed if you plan to shower with bathing suit on)
- Hat (for sun)
- Sunglasses with UV/UA protection, do not bring expensive glasses
- 1 towel and washcloth
- Toothbrush, toothpaste, deodorant, soap, hairbrush, small bottle of shampoo, other toiletry items. If you are on medication, give an extra bottle of medication to the adult in charge of first aid.
- Toilet paper (1 roll - no print)
- Personal drinking container (32 oz.)
- Sunscreen lotion (SPF 15 or higher, the sun is very strong)
- Prescription medicine in prescription bottle only with doctor's instructions printed on the bottle.
- Other medicine if desired, such as Pepto Bismol- please discuss with Group leader
- Tampax/kotex (bring these whether you think you will need them or not.)