

## **GUIDLINES:**

- Pack only two soft small bags plus your sleeping bag /mat
- Pack as sparsely as possible
- If you roll your clothes they will pack better

## **DO NOT BRING:**

- Cell phones, Ipods, discmen, or any 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 neckline or tight shirts.

## **WHAT TO BRING LIST: (For Summer)**

- 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)
- 1 Sheet to use on hot nights (rolled into your sleeping bag)
- Pillow
- 1 pair of long pants
- Working shoes / boots
- Work Gloves
- 4 pair 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
- Sandals for shower and relaxing
- 1-2 long sleeve work shirts (consider more if you are sensitive to the sun)
- 8 short sleeve shirts (no tank tops, spaghetti-strap tops, or sleeveless shirts and no cutting off sleeves)
- Underwear...you make the call
- 8 Pair socks
- 1 Sweatshirt
- Windbreaker
- Bathing suit
  - o Vicente Guererro: must be 1 piece suit or you may be asked to swim with a T-shirt covering you. You will also shower in bathing suit.
  - o Salesians: Up to your Group leader what type of suit you bring - remember we are trying to dress more conservatively
  - o Government Site: Same as above. This may change as bathing arrangements change, but you will most likely be showering in your bathing suit.
- 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, personal medication, 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)
- Personal drinking container (32 oz.)
- Sunscreen lotion (SPF 15 or higher, the sun is very strong)
- Bug spray
- Prescription medicine in prescription bottle only with doctor's instructions printed on the bottle.
- Other simple medicine if desired- Pepto Bismol, (group will have a well stocked medical kit)
- Tampax/kotex (bring these whether you think you will need them or not.)