

ICEP PERU PACKING LIST

Becket-Chimney Corners YMCA

The weather in Peru will be cool with colder temperatures at higher elevations. Remember, it will be winter in Peru. It is more effective to appropriately layer clothing than to bring a lot of bulky clothes. Bring clothing that can get extremely dirty, as service projects often involve working with paint or cement. The Peruvian dress code is relaxed, so what you are comfortable wearing in colder weather at home will work well on the trip. Please only bring what is on the packing list.

ESSENTIAL ITEMS

- PASSPORT— good for at least 6 months past your return to the US. Sign the photo page and keep a photocopy at home.
- LUGGAGE—Your preference of a backpack, rolling suitcase or duffel with wheels. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself. Bags should weigh under 50 pounds.
- DAYPACK— Like a school backpack, it should be comfortable for hiking and be able to hold extra supplies.
- SLEEPING BAG with STUFF SACK— Rated to 20-30 degrees. You will sleep in this every night. Must fit inside your luggage.
- PILLOW — We recommend a compressible travel pillow.
- WORK GLOVES (1 pr.) — One set of work gloves (very important!)
- WATER BOTTLES (1-2) — Nalgene style (32 oz) is preferred.

CLOTHING AND FOOTWEAR

- PANTS (3-4) — At least 2 pairs of sturdy work pants (e.g. jeans) that can get dirty from paint and cement stains.
- LEGGINGS/SWEATPANTS (1-3prs.)
- SHORTS (1 pr.) — For use in the Y gym. It will be cold, so you will predominantly be wearing pants.
- T-SHIRTS (4-6)
- LONG SLEEVED SHIRTS (3) — Synthetic, lightweight preferred. 1 for work/paint use.
- MID-WEIGHT LONG SLEEVED SHIRTS (2) — 1 for work/paint use. More layers! It's winter in the southern hemisphere.
- MID-WEIGHT PULLOVER or VEST (2-4) — Fleece, wool sweater, or hoodies. Puffy jackets or puffy vests are great too—the warmer, the better.
- HEAVY-WEIGHT FLEECE or JACKET (1) - One that can get damp or wet.

- UNDERWEAR (15 prs.) —Laundry will be done infrequently, so bring plenty of underwear.
- HATS (2) — One warm winter hat, 1 sun or baseball style hat (optional)
- SOCKS (15 prs.) — At least 2 pairs should be synthetic hiking or wool socks.
- PAJAMAS (1pr)
- BRAS (3-4)
- BATHING SUIT (1) — Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.
- WATERPROOF RAIN JACKET or SHELL WITH A HOOD—campers who didn't pack this regretted it!
- STURDY SHOES (2 prs.) — 1 pair comfortable walkers and 1 pair sturdy sneakers or hiking shoes that you are comfortable working in (they will get wet, dirty and potentially covered in cement).
- FLIP FLOPS (1pr.) — For showering.

MISCELLANEOUS

- TOILETRIES — Bring enough for the whole trip.
- STRONG SUN BLOCK — SPF 30 or higher; you will need this in Cusco.
- PADS/TAMPONS — Female campers should bring them even if you think you will not need them.
- QUICK-DRY TRAVEL TOWEL
- CAMERA/Memory Card/Charger —This cannot be your cell phone; cell phones are not allowed.
- MONEY BELT or FANNY PACK — bring something you can carry money/passport in that is close to your body (not a purse or backpack). You will be responsible for your passport on the program.
- WATCH — It is really important to be on time.
- TRAVEL ALARM CLOCK — You will be responsible for waking up the group during the trip.
- FLASHLIGHT or HEADLAMP — Compact with extra batteries. This will be your nightlight.
- SPARE EYEGLASSES— Especially for contact wearers.
- BUG REPELLANT— 25-35% DEET or Picaridin

___ COLLAPSIBLE BAG – to hold 3 days of clothes for the weekend.

Your daypack could work for this.

___ PHOTOS FROM HOME – To break the ice with your host family. Photos of your family, pets, friends, hometown, etc.

___ GIFT FOR HOST FAMILY – Be creative; think of something special from where you live. For example: a calendar, clothing from local sports teams, games, crafts, picture books or kitchen items.

___ ANTI-BACTERIAL HAND GEL

___ EXTRA BAG – to keep at camp with anything you decide not to bring

OPTIONAL

___ PHRASEBOOK or DICTIONARY

___ SCARF – For cold rainy days.

___ LONG UNDERWEAR (TOP & BOTTOM)– Polypropylene / Synthetic style. Great if you get cold easily.

___ WARM GLOVES (1pr.)

___ SUNGLASSES

___ SMALL, INEXPENSIVE GIFTS – To exchange with host peers

___ MUSICAL INSTRUMENT

___ RECIPES – For cooking with homestay or group

___ JOURNAL/ LETTER WRITING MATERIALS

___ BOOKS, MUSIC, GAMES - For long waits and plane rides. You can bring music or reading devices like IPODs or Kindles without wi-fi access but you are responsible for them.

Charging may not always be available, outlets may be different.

___ OUTLET ADAPTOR - Find them at BestBuy or other electronic stores. Most outlets are similar to those in the US, but some are similar to those in Europe.



___ EARPLUGS for sleeping

___ SOUVENIR MONEY – You will not need any money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring \$60 in US dollars and the rest on a VISA or Mastercard debit card not a visa gift card. Know your pin number and let the company know you are using the card abroad.

___ CELL PHONE – It is recommended to have your cell phone for ease of communication with trip leaders and family back home. However, it is not required. Participants will have limited access to their phones.

*All medications must remain in their original packaging. If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All meds will be turned in to the infirmary while at camp.

WHAT NOT TO BRING

- Computers or tablets
 - Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty
 - Pocket knives or weapons of any kind
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