

ICEP URUGUAY PACKING LIST

Becket-Chimney Corners YMCA

The weather in Uruguay is cold and damp during the winter season. It is more effective to appropriately layer clothing than to bring a lot of bulky clothes. Warm socks and base layers are especially important. Bring clothing that can get dirty, as service projects often involve working with paint or cement. The Uruguayan 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-degrees. You will sleep in this every night. Must fit inside your luggage.
- ___ PILLOW – We recommend a compressible travel pillow.
- ___ WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1) — so important!
- ___ WATER BOTTLES (1-2) – Nalgene style (32 oz) is preferred.

CLOTHING AND FOOTWEAR

- ___ PANTS (3-4 prs.) – 2 pairs for work/paint use (see “work outfits”), 2 daily use.
- ___ SHORTS/LEGGINGS/SWEATPANTS (1pr.) – Only the long/athletic type for playing sports and games at the Y.
- ___ T-SHIRTS (3-4) – Only for bottom layer and work clothes.
- ___ ACTIVE WEAR (1 set) – Pair of clothes for playing sports at the Y.
- ___ LONG SLEEVED SHIRTS (4-5) – T-shirt or other lightweight material like polypropylene.
- ___ FLEECE JACKET (1) – You will want this!
- ___ SWEATERS or DOWN VEST/COAT (2-3) – More layers! It’s winter in the southern hemisphere. Fleece, wool, down, or hoodies are nice.
- ___ HEAVY-WEIGHT JACKET or DOWN JACKET (1) – You really need warm layers! If it’s waterproof, it can also be your rain jacket.
- ___ UNDERWEAR(15prs.)
- ___ BRAS (3-4)

- ___ PAJAMAS (1-2prs.) – Need to be warm!
- ___ BATHING SUIT (1) – Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls
- ___ SOCKS (15prs.) – 2 pairs should be synthetic hiking or wool socks.
- ___ LONG UNDERWEAR (TOP & BOTTOM)— Polypropylene / Synthetic style (also a must!).
- ___ HATS (2) – One warm winter hat, 1 sun or baseball style hat.
- ___ GLOVES (2prs.) – One warm pair and one set of work gloves.
- ___ WORK OUTFITS (2) –Warm tops and bottom layers. These outfits will get dirty!
- ___ DRESS OUTFIT (1) – Comfortable yet presentable for homestay orientations or special events. Suggestions: For boys - a button down shirt and khakis, for girls - nice pants and top (it is too cold for dresses/skirts).
- ___ FLIP FLOPS (1pr.) – for showering
- ___ STURDY SHOES (1-2prs.) – 1 pair sneakers and 1 pair comfortable shoes for everyday use. It is nice to have sneakers for playing sports at the gym in the Y. Note: 1 pair will likely get covered in paint.

MISCELLANEOUS

- ___ TOILETRIES – Enough for the whole trip.
- ___ STRONG SUN BLOCK – SPF 30 or higher.
- ___ PADS/TAMPONS – Female campers should bring them even if you think you will not need them.
- ___ TOWEL or PACK TOWEL
- ___ MONEYBELT or FANNYPACK – 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.
- ___ CAMERA/Memory Card/Charger
- ___ WATCH— It is really important to be on time.
- ___ TRAVEL ALARM CLOCK – You may be responsible for waking up the group during the trip.
- ___ FLASHLIGHT or HEADLAMP – Compact with extra batteries. This will be your nightlight.
- ___ SPARE EYEGLASSES – For contact wearers.

- ___ PHOTOS FROM HOME – To break the ice with your host families. Photos of your family, pets, friends, hometown, etc.
- ___ GIFTS FOR HOST FAMILIES (2) – Be creative; think of something special from where you live. For example: calendars, 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
- ___ 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 will be different.
- ___ SMALL, INEXPENSIVE GIFTS – to exchange with host families
- ___ MUSICAL INSTRUMENT
- ___ RECIPES – For cooking with homestays or group
- ___ JOURNAL/ LETTER WRITING MATERIALS
- ___ SCARF– For cold, rainy days.
- ___ SUNGLASSES

- ___ EARPLUGS FOR SLEEPING
- ___ SLIPPERS – nice to have at night and in the mornings.
- ___ OUTLET ADAPTOR – Find them at BestBuy or other electronic stores. Uruguay has Type C, Type I and Type L outlets.



- ___ WATERPROOF PANTS – Also advisable; when it rains, it pours.
- ___ 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 card. Mastercard is not accepted in ATMs in Uruguay, nor are Visa gift cards. 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 cell 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

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