

Master Pack List

***Our goal is to pack everything you need in one carry-on.** This will **GREATLY** reduce the cost of baggage at the airport. The maximum size carry-on bag for most airlines is 45 linear inches (the total of the height, width, and depth of the bag). Here are some tips to accomplish this:

- **Wear your most bulky pair of shoes and jacket/sweatshirt on the plane.** This will allow you more space in your carry-on for other items.
- **Minimize your liquids** to the appropriate travel size and make sure they are in the appropriate zip-lock bags. There is **NO NEED** to take full-size bottles of shampoo/conditioner.
- **Follow the recommendations on our pack list** in terms of quantity. People have been able to pack all of these items into a backpack, so they definitely fit into a carry-on.
- **Tightly roll your clothes** when packing instead of stacking. This allows for more space.
- **Pack clothes that can multi-task.** Make sure all your shirts coordinate with all your pants. Your shoes should be as universal and as practical as possible. One warm sweatshirt is often all you need for the cold, whether it be on the way to the airport, in the air conditioned plane or on site in your country.
- If there are things that you absolutely need but will not be allowed on carry-on luggage, such as garden trowels, **your team should decide to check ONE bag and put all such items in this bag.**
- If you pack a towel, **pack a thin, lightweight towel** that will dry quickly. Heavy towels never end up drying and soon smell funky.
- **Opt for light weight clothing that can be layered to adjust to warm/cool conditions.** Don't pack jeans. Same problem as the towel – they are too thick so when you wash them they never end up drying completely.
- At the very least, pack **all MEDICATIONS and necessary items plus one change of clothes in your carry-on!!**

GETTING THROUGH SECURITY

Because getting through security can sometimes be a challenge, please note the following about clothing to wear to the airport:

- **Avoid metal** belts, jewelry, buttons or other accessories.
- **Wear clothing that is easy to take on and off.** At security, you will be asked to remove outer clothing, shoes and belts. Please wear clothing that allows you to do this quickly.
- **Do wear socks** with your shoes. You will need to remove your shoes to go through security and you probably don't want to walk around barefoot in an airport.
- **Come with near empty pockets.** Security makes you empty all your pockets so it is safer and quicker to have packed most things in your carry-on to get through security.

DECIDING WHAT TO BRING

Dress needs in each country vary, so ask your leaders for specifics. **But in general you can follow this rule:** If you are doing physical labor or playing with children on your trip, bring more “casual” clothing (like t-shirts) and less “business casual” (like polos). If you will be meeting speakers or teaching on your trip, bring more “business casual” clothing and less “casual.” Please also follow these other tips:

- In ALL situations, it is better to have **defaulted to more formal dress.** People in most countries we visit, even the hot ones, **wear long pants as a rule.** Shorts/tank tops are only an option in Jamaica and Poland, and only then at certain times.

- **Remember some work might involve paint/heavy dirt/goop.** Feel free to bring clothing that you are willing to donate at the end of your experience.
- **Avoid clothing with logos/namebrands** (Canisius gear is fine), **hairdryer/iron, makeup and valuables**, (such as jewelry, watches, your entire wallet).
- **Ipods and Cell phones are for LIMITED use only** (at night/alone)

Clothing

- 5-6 T-shirts / Polos
- 2-3 pairs long work pants (not capris)
- 1-2 long athletic short (only for J and P)
- 1-2 nice shirt/pant/skirt for evening out
- PJ pants or other sleepwear
- 1 sweatshirt/sweater
- lightweight waterproof jacket (optional)
- sunglasses / brimmed hat / bandana
- bathing suit, if necessary
- sandals and work sneakers/boots (shoes to get wet working on the farm for Jamaica)
- dress shoes
- undergarments/socks

Health and Hygiene

- 1 thin, lightweight bath towel
- pillowcase (Ecuador)
- 1 thin pool/beach towel, if needed
- Shampoo/Soap (*consider Dr. Bronner's, which is multi-functional and biodegradable*)
- deodorant
- hair brush
- lotion/face cream
- toothbrush/toothpaste
- feminine products (weird things happen – bring just in case!)
- shaving necessities
- sunscreen!!!/SUNBLOCK!!!**
- small package tissues (in case there is no toilet paper somewhere)
- small bottle hand sanitizer
- chapstick
- bug repellent
- rope to hang wet clothes on / clothespins
- small ziplock of powdered detergent
- sink plug
- contact lens solution
- any prescriptions you normally use!
- While we have a group medical kit, some people have enjoyed packing their own:**
- Powdered Gatorade/Propel

- Stomach relief for diarrhea/constipation/gas (pepto-bismol)
- Pain Relief (advil/tylenol)
- Dramamine for motion sickness
- band-aids/Neosporin
- aloe for sunburn
- Hydrocortizone (for bug bites)
- Benedryl

Miscellaneous

- Garbage Bags for dirty clothes/rainy days
- Camera, batteries, charger, memory card
- water bottle
- small dictionary, if necessary
- portable small games (UNO!, deck of cards)
- journal and pens/pencils
- Addresses to write home if you plan to
- folder full of info we prepared with
- Reflection Booklet
- sturdy backpack for day travel
- WATCH**
- travel alarm clock
- universal adaptor for electronics, if needed
- FLASHLIGHT**
- book for leisure / bible
- plastic baggies for miscellaneous
- photo of your loved ones
- passport and photocopy of passport
- student ID card
- work and/or gardening gloves (if necessary)
- snacks (granola bars, nuts, dried fruit, candy)

Money

- Money Belt or other secure money carrier
- spending money in **SMALL BILLS!** (\$75+ for additional food and gifts)
- ATM or credit card, if desired

Items for checked bag/to purchase on site:

- razor
- garden trowels or sharp tools