

## ULTIMATE WORKOUT 27 PACKING LIST

What do you really need to take and what should you leave at home? Here's a list of what's needed, what's extra, and what you should leave behind. A basic rule of thumb is "anything of material value should be left at home."

### Site Specific Work Gear

(Bring only the items listed for your group)

#### Algarrobos and Llano de Medio

- Hard Hat – Required
- Trowel – 10-12" pie shaped trowel for blocks
- Strong but flexible work gloves (1-2 pairs)
- Rubber dish gloves
- Marking Pencils or sharpie marker
- Last Name A-N: 25' Measuring Tape
- Last Name O-Z: Torpedo Level

#### Bugabita

- Flexible work gloves
- Marking pencils or sharpie marker

##### Last Name A-K:

- Nail Apron
- Long nose pliers (1 pair)

##### Last Name L-Z:

- 1 paint roller
- 1 Trimbrush or edge cutter

#### Medical Team

- 1 Box snack size Ziploc style bags
- 1 Box non-latex gloves (M or L)
- Watch with second hand (for taking vitals)
- 2 Washcloths or small hand towels
- 2 Soap Bars (travel size)
- 2 Small hand sanitizer bottles
- Last Name A-K: 2 Toothbrushes
- Last Name L-Z: 2 Toothpaste tubes
- Scrubs-Optional
- Stethoscope –Optional
- 4x4 gauze pads - Optional
- Reading glasses of different strengths-Optional

#### Items to Remember

- Good Disposition and a Flexible Attitude
- Passport
- Photocopies of your passport in checked baggage
- Copy of your airline ticket or itinerary
- Original Parental Consent Form (for those under 18)
- Travel Booklet you will receive in final mailing\*

- \$400 if you're arriving before July 17 and you aren't a staff member
- \$400 if you're departing after July 30
- UW T-shirt\*
- Bible – the one we send you in the final mailing\*
- Good, close toed work shoes (medical team included)
- Long work pants (2-4 pairs)
- T-shirts or long sleeved cotton shirts for work (5-7 that can get dirty)
- Underclothes
- Shoes and socks
- Casual slacks
- Casual shirts and tops
- MEN- Dress shirt and tie for Sabbath
- WOMEN- Dresses and/or skirt and blouse with sleeves for Sabbath
- Hat for sun protection
- Bandana for neck protection
- Sunglasses and/or safety glasses
- Modest sleepwear
- Modest shorts (1-3 pairs; however, shorts are not for the job site and they provide less protection against bug bites)
- Modest 1-piece swimming suit (or two piece with shirt to cover)
- Light Jacket
- Flip-flops or sandals
- Personal First Aid (Tylenol, Band-aids, Pepto Bismol, anti-nasuea, etc. Prescription medication should be in your carry-on in original bottles with your name on it)\*\*
- Personal toiletries (toothpaste, soap, deodorant, etc.)
- Hand Sanitizer
- Insect Repellent (30% DEET or higher)
- Sun Block (SPF 30+)
- Chapstick (with sunblock)
- Water bottle – large opening recommended
- Camera, batteries, and memory cards
- Journaling Supplies (pen, pencil, colored pencils, stickers, etc.)
- Flashlight with extra batteries
- Small pillow
- Towel and washcloth
- Bedding: Air mattress, foam pad, cot
- Bedding: Sheet and Blanket or sleeping bag

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- Cash for meals in airports, souvenirs, or special projects
- MEN: 1 large jar of children’s vitamins (the non-gummy kind)\*\*\*
- WOMEN: 1 large jar of pre-natal vitamins\*\*\*
- PARTICIPANTS: 1 large bottle of regular strength Acetaminophen (Tylenol) or Ibuprofen (Advil) – For Medical Outreach\*\*\*
- STAFF: 1 large bottle of children’s strength Acetaminophen (Tylenol) or Ibuprofen (Advil) – For Medical Outreach\*\*\*

### Optional Items

- Daypack or similar bag
- Tent
- Powdered Gatorade or equivalent Nuun or Camelback electrolyte tablets (for overcoming dehydration)
- Earplugs
- Mosquito Net and rope to hang it
- Toilet paper roll
- Small alarm clock
- Mirror
- Snacks
- Rope for personal clothesline
- Battery run personal fan
- Small instrument you play
- Spanish Dictionary and Hymnal

### Optional Outreach Items

- Crayola Crayons and Markers
- Glue Sticks
- Pens, Pencils, Erasers
- Colored Paper
- Scissors
- Backpacks or daypacks
- Toys (Jump ropes, bouncy balls, tops, marbles, soccer balls-with pumps)
- Hair clips and scrunchies
- Stickers
- Balloons
- Bubbles
- Stuffed Animals
- Felt sets
- Flutes, Recorders, and other musical instruments
- Spanish Bibles and Books -available at the Adventist Book Center
- Money for buying outreach materials in the local language
- Small soap bars

### Optional Outreach Items continued

- Small hand sanitizer bottles
- Toothbrushes (Adult and Child)
- Toothpastes
- Small hand towels and/or wash clothes
- Reading glasses of different strengths

### What Not To Take

- Any item of great value (expensive jewelry, watches, electronics)
- iPods, Gameboys, iPads, DVD players, etc
- Tank tops or sleeveless tops
- T-shirts with questionable slogans or artwork
- Immodest swimsuits or immodest shorts
- Guns, knives, or explosives
- A rigid or “me-first” attitude

\*Participants outside the United States and Canada will receive their Bible and UW t-shirt upon arrival at the project. Your travel pamphlet will be emailed to you prior to departure.

\*\*If you are on a daily medication, please do not check this in your luggage. If your luggage were delayed for some reason, your medicines would not be with you. Keep these with your travel documents and other vital items in your carry-on bag. Include a change of clothes in your carry on bag since sometimes luggage gets delayed.

\*\*\*We ask everyone to bring a large bottle of vitamins and pain killers to donate to the medical team. The doctors will distribute these during the clinics. Please don’t buy the gummy-type vitamins since these tend to melt together in humid climates.