



**VOLUNTEERS**  
build-educate-change

## Packing List

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### Required

- Passport** – must have 6 months validity & must have 3 blank pages for stamps
- International Certificate of Vaccination** – See your doctor or a travel nurse
- Flight Itinerary** – 2 printed copies. One in your back pack & one in your checked bag
- Money** - meals in airports, snacks, souvenirs are not covered please plan accordingly
- BTCV Team & Work Shirts** – this will be shipped to you prior to the project
- Conservative outfit for traditional visits (Collard Shirt, Long pants, Long Skirt)**
- Go with the flow attitude**

### Suggested (NOT REQUIRED)

- Toiletries
- Work clothing
- Jacket or Hoodie
- Sunglasses
- Flip flops or sandals
- Work boots
- Leather work gloves
- Safety Glasses
- Hat
- Insect repellent
- Mosquito net (check with BTCV)
- Medications (speak to your physician)
- Travel towel
- Head lamp or flashlight
- Small mirror
- Sun screen
- Wet wipes
- Toilet paper
- Ear plugs & eye mask
- Camera
- Clothesline
- Batteries
- Snack food
- Single serve coffee & sport drink mix
- Ketchup, Sriracha, Cholula

- Large zip lock bag
- One set underwear & socks in zip lock bag for flights home
- Go with the flow attitude

### Tools

\*not required & must be in checked bag

Hammer	Speed Square
Rough cut hand saw	Pliers
Duct tape	Level
Pocket knife	Chalk line
Sand paper	Pencils
Crescent wrench	Pry bar

### Gifts for project/school

\*not required please speak with BTCV before packing any gifts for the project/school

\*Should be in new condition

New Books K-12	Calculators
Soccer ball	Lab equipment
Frisbee	Classroom models
Jump rope	
Classroom charts & posters	

### Do Not Bring Items To Give Away

Clothing	Shoes	Jewelry
Hats	Paper	Trinkets

If you “Pack It In” you are expected to “Pack It Out” do **NOT** plan to leave your used clothing, shoes or other items with the host community. If you have questions contact your team leader or BTCV [info@bethechangevolunteers.org](mailto:info@bethechangevolunteers.org)