

PERU PACKING LIST

Subject to a Few Additions/Changes as the Trip Dates Approach

HOW TO PACK

Duffel bags, suitcases, or backpacks are all fine. Always keep your bags zipped or closed to prevent surprises of insects and other creepy crawlers. Another trick is to pack some of your clothing in large Ziploc bags – it's quite a treat to have a nice dry shirt to wear after a wet, sweaty day on the river!

Carry-On Liquids (Put your liquids in your checked bag OR...)

3-1-1 for carry-ons = 3.4 ounce (100ml) bottle or less (by volume) ; 1 quart-sized, clear, plastic, zip-top bag; 1 bag per passenger ONLY; placed separately in screening bin at security. If in doubt, put your liquids in checked luggage.

Number of Bags Allowed* Size and Weight Per Bag Allowed* to Iquitos

One personal item (like a purse or small backpack – fits under your seat): 36 in/91 cm (total dimensions)

One bag carry-on (fits in overhead compartment) - 45 in/115 cm (carry-on) No larger than 22 in/56 cm long, 14 in/36 cm wide, and 9 in/23 cm high

One Checked bag: 62 in/158 cm (checked) **50 lbs/23 kgs** (checked)

You may be asked to take responsibility for a 2nd checked bag with team equipment (a second check bag for personal items is NOT allowed).

Number of Bags Allowed to the River Village

We will be leaving all unnecessary luggage items at the YWAM base in Iquitos when we travel to the river village (our stuff will be kept safe in Iquitos). All of your personal items for 5 days on the river should be able to fit into just your carry-on-size suitcase or backpack. Items such as glasses/VBS materials/hammers will be packed in separate suitcases once we arrive in Iquitos for travel to the river. Less is more when packing for the river!

WHAT TO PACK

Passport – You must have your passport before you board the plane. Your passport will be used to prove your identity at airport check-in so you can receive your ticket. Keep your passport on you at all times (in a safe place, such as a travel pouch, a deep closable pocket, or a bag that is on your person at all times). When we go to the river village all passports will be kept in a locked safe at the YWAM base in Iquitos. (The team leaders will carry our passport copies with them at all times).

Immunization Record – Please tuck your original yellow card into your passport or in your passport case.

TEAM ITEMS

- o You will be expected to carry at least 1 shoebox size amount of team items (more if you're a light packer). Items that we may need from your house: deflated balls, ball pump, frisbees, work gloves. We will discuss this at our meeting. We will share what we have. (Not everyone will work on the same site at the same time so sharing items should be easy).
- o T-SHIRT
- o Bible, Journal (handed out at the meeting), pens/pencils,
- o Small collection of Personal Photos – serve as good conversation starters

PERSONAL FIRST AID KIT

Please advise Caroline Willard (carolinewillard2@gmail.com) of any special dietary needs, health concerns, or physical limitations in advance. We will have a TEAM KIT with ALL of the items below and additional emergency items and general first aid kit items. However, you will want your own package of certain goodies. Among items to consider:

- o Malaria Pills (if you are taking the daily pill) – Place in carry-on. If you are taking the weekly pills then our team nurse will hand them out on the appropriate days and at the end of the trip. Reminder emails will go out after the trip.
- o Personal Medications – place in carry-on
- o Tweezers
- o After-bite preparations to reduce stinging and itching (from squito bites)
- o Anti-diarrhea preparations – ie: Pepto, Imodium, Cipro (TEAM KIT will also carry these)
- o Oral Rehydration Solution, Gatorade, Crystal Light, etc.
- o Moleskin for blisters.
- o Pain-Reliever (aspirin, Tylenol)
- o Sleep-Aid (Benadryl or Tylenol PM is mild version)
- o Noxema facial pads (or similar) – They're cool and refreshing.
- o Small Hand Sanitizer
- o Personal First Aid (band aids, Neosporin, as much or little as you'd like)
- o Small AloeVera (or post sunburn relief)
- o Wet Ones for those days when we won't be able to bathe.

ITEMS FOR YOUR HEALTH AND COMFORT

- o Repellent – lots of it! It's not recommend to put a high percentage of DEET directly on your body (watch it eat up paint and nylon)! Even better than repellent is good cover-up clothing – light, cool shirts and pants with long sleeves and legs that fasten at ankles/tuck in to shoes, in light colors. (Many insects love dark colors!) A 20%-40% DEET lotion is good for skin; a DEET spray for clothing is good for added protection. Natural remedies with Citronela or lemon eucalyptus work well
- o You should seriously consider spraying your clothing with permethrin prior to your departure (such as Sawyer brand available at REI). This lasts for 6 washes and has always worked well
- o Personal Travel Snacks – Choose things that are small & travel well (ie: protein bars, nutrigrain bars, trail mix, small candies, peanut butter crackers)
- o Sunscreen – waterproof/high potency. Tropical sun is very hot!
- o Water bottles/canteen. 1 is REQUIRED. You may also bring a collapsible “platypus” water bag as a second bottle for the evening. Pack stuff INSIDE your bottle for the flight to save room.
- o Ziplock Bag of Toilet Paper (off the roll) – doubles as tissues. Carry a few extra empty plastic bags for used sanitary supplies.
- o Extra Ziplock Plastic Baggies to keep things dry & for trash etc.
- o Toiletries: 2xToothbrush, toothpaste, deodorant, razor, shampoo/conditioner, brush/comb, feminine products, glasses/contact solution/extra contacts
- o Powerful flashlight + extra batteries and bulb. Extra D and AA batteries make good gift items. In the tropics you will have a solid 12 hours of darkness. It becomes very dark and it falls suddenly. You will use your flashlight more than you think - bring extra batteries
- o Headlamps are very useful. They are not much of a fashion statement but they're very helpful, especially if you like to read at night (and night starts at 6 pm). Extra AAA batteries
- o Earplugs for light sleepers
- o Hammock (to be handed out at May meeting). These have mesh mosquito netting but are not “private”.
- o A sleeping bag is not necessary, but a lightweight flat sheet or cotton sleep sack/light sleeping bag liner is needed.

- o Lightweight blanket such as fleece. Many returning alumni carry a fleece throw with them as the jungle nights can become very cool depending on the time of year you're traveling.
- o Inflatable Pillow (or small pillow) – for long flights, as a butt cushion on the boat, & for your head at night while on the river
- o Personal toiletries, including pre-moistened towelettes
- o Washcloth/ poly-blend towel
- o Daypack/backpack for day trips.
- o Garbage bags and Ziploc bags – anything to keep things tightly closed. Dirty clothes are best kept in a mesh bag to air out or a garbage bag to sequester them.

CLOTHING

Comfort & Modesty are both important when thinking about clothing. Be overly aware of how you are presenting yourself. Avoid flashy or expensive jewelry. Avoid showing too much skin or wearing low-cut or tight-fitting clothes. Avoid overtly American or Christian symbols or statements. We want to protect the culture we visit and protect ourselves from negative attention (good anytime you travel). Don't stress, just plan accordingly:

- o Your TEAM T-SHIRT (handed out at the May Team Meeting)
- o Casual clothing for city use. Pants are fine for women.
- o Undergarments.
- o T-shirts, camping shirts; NO tank tops
- o Long and short sleeved cotton shirts. (Long for sun and bug protection, but we suggest a lot more short than long sleeved) Overall dry-fit fabrics have a big advantage over cotton... But they're thin and mosquitoes can bite through them.
- o Long and short cotton pants. Go for loose fitting, breathable pants. Lots of pockets and Velcro or ties at the ankles keep the bugs out. Long pants are your primary bug defense. Many people invest in convertible pants ... and never unzip them. (Typical wear is short-sleeved shirt with long pants instead of shorts).
- o Lightweight rain poncho
- o Swimsuit/towel
- o Hat to protect you from the sun. IMPORTANT!
- o Waterproof or water-resistant hiking boots
- o Sneakers
- o Cotton socks long enough to tuck your pants into to keep bugs out
- o Shower shoes/sandals/Texas or other sandal that won't come off in the water (you can tie on your flip flops but don't lose them!)
- o Fleece or lightweight jacket – it can get chilly at night
- o Sunglasses – Always good to bring an extra pair in case yours are lost or broken
- o Rubber Boots. There are boots available through YWAM.

FOR YOUR ENJOYMENT

- o Camera with a large memory card, charger, extra battery (as applicable) NOT ALLOWED ON THE RIVER (unless you are a team photographer)
- o Silica gel to dry out your airtight camera case (or a zip loc bag to keep it in)
- o Playing cards/Travel Games
- o Paperback books or E-book reader
- o iPod or MP3 player. NOT ALLOWED ON THE RIVER

MONEY

In my opinion, \$40 would be sufficient for souvenirs, I would recommend \$60 (especially if you're prone to buy lots of snacks at the airport/vending machines), \$100 is the maximum unless you're an adult who plans to buy fine art etc.

All expenses are included in your fee except the following:

- o Snacks & Sodas at the Airport.
- o Souvenirs – You will want extra money for buying local craft items. I'm always asked how much money to bring, but that is hard to say as some people buy very few souvenirs and others buy out the market! Average costs are \$1 for a bracelet and up to \$50 or more for paintings, carvings, baskets, and pottery.

Currency – It is not convenient to cash travelers' checks. US currency is preferred and small bills are recommended. US currency should be as new as possible. No tears, ink or pen marks. Currency should not be worn. Banks, vendors, or money exchangers will not accept US bills in these conditions. We are very serious about this – your money will not be accepted unless it appears new.

Changing US dollars into Peruvian soles – The exchange rate generally ranges from about 2.80 to 3.1 Peruvian soles to 1 US dollar. YWAM knows the safest places to exchange money and will do all exchanges at once when we arrive on base. Please don't change money in Iquitos on your own. If you need to tip in the Lima airport or purchase drinking water or other items, they do accept US dollars (no US coins). Again, only bills in very good condition

For Adults: There are cash machines in Iquitos where you can get cash advances from your debit or charge card. It's a good idea to tell your bank/credit card company the dates of your travel so they don't shut your account down when foreign charges appear. Check with them before you leave to determine if you can use your card at a VISA/MasterCard ATM in Peru. Also check your pin number, your daily withdrawal limits for cash, and the fees and charges you can incur with each use.

ITEMS TO DONATE

You can donate everything (except your passport ☺). We have a "NO HANDOUTS" policy on our mission trips. That means that ANY item you wish to donate will be given to the YWAM staff for distribution based on their personal knowledge of where the greatest need exists. You may recommend a person/place to give your item(s), but we leave the final decision to the YWAM staff. Please do NOT hand out stuff directly to villagers even if they ask.

HAPPY PACKING!