

SUGGESTED PACKING LIST FOR THE FIELD

Because of the wide variety of climates and cultures in the various countries, it is almost impossible to provide a “universal” packing list. The following list includes most of the basics found useful in the past, and is meant to serve only as a guide. The AMIGOS Handbook and Volunteer Country Materials will provide more specific lists of what to bring.

Remember: Do not pack more than you can carry!

CLOTHING

WOMEN:

T-shirt (2-3)
lightweight pants or jeans (2)
nice walking-shorts (2)
knee-length skirt (1)
slip (1)
simple party dress (1)
boots or sturdy work shoes (1 pair)
dress shoes (1)
shower thongs
underwear and bras
socks (3 pair)
raincoat or poncho
pajamas/sweats to sleep in (1-2 sets)
bathing suit (conservative; 1-piece)
sweater or sweatshirt
tennis shoes (1 pair)

MEN:

T-shirts (2-3)
lightweight pants or jeans (2)
nice walking-shorts (2-3)
dress pants, shirt and shoes (1 outfit)
boots or sturdy work shoes (1 pair)
shower thongs
socks (3 pair)
pajamas/sweats to sleep in (1-2 sets)
underwear
sweater or sweatshirt (1-2)
tennis shoes (1 pair)
raincoat or poncho
bathing suit (conservative; no cut-offs)

EQUIPMENT, WORK SUPPLIES, ETC.

Swiss army knife
toiletries (shampoo, soap, TP, etc.)
plastic 2-qt. water container
sleeping bag or 2 sheets
money belt/fanny pack
notebook, paper, pens, folders
mosquito netting to cover bed
tape measure, scissors, string
flashlight and batteries
sierra cup or plastic cup
water purification tablets
money belt/granny pack
backpack
matches or lighter
language dictionary
sunscreen

winding alarm clock
insect repellent (one w/DEET)
colored markers, crayons, chalk
folding cot
Ziploc plastic bags, trash bags
daily journal or diary
duct tape
safety pins, travel sewing kit
nail clippers
clothesline/rope
towels, washcloths
airmail stationery
camera, flash, film
mirror
AMIGOS Handbook
books (paperbacks)