

## ***Teachers Making Connections Educational Brigade Suggested Packing List***

- \_\_\_\_\_ materials for teaching your lesson (enough to leave behind at each school)
- \_\_\_\_\_ 4-5 shirts to teach in (can be short-sleeved or sleeveless)
- \_\_\_\_\_ 3-4 pairs of pants/capris/skirts to teach in (no shorts for teaching)
- \_\_\_\_\_ socks
- \_\_\_\_\_ underwear
- \_\_\_\_\_ bathing suit (just in case!)
- \_\_\_\_\_ 1-2 pairs of closed-toe shoes for teaching and walking
- \_\_\_\_\_ 2-3 sets of comfortable clothing (shorts, t-shirts, etc.) for walking around the project
- \_\_\_\_\_ pajamas
- \_\_\_\_\_ "shower shoes"/ flip-flops
- \_\_\_\_\_ personal hygiene items (purchase travel-sized items or consider sharing bottles with others to save room!)
- \_\_\_\_\_ 1 light sweatshirt/jacket (it may get cool in the evening)
- \_\_\_\_\_ hat
- \_\_\_\_\_ sunglasses
- \_\_\_\_\_ small rain poncho or compact umbrella
- \_\_\_\_\_ mosquito repellent (look for a high concentration, long-wearing formula)
- \_\_\_\_\_ sunscreen (a high SPF, long-wearing formula)
- \_\_\_\_\_ camera and batteries/charger
- \_\_\_\_\_ cell phone and charger (call provider in advance to request international service)
- \_\_\_\_\_ water bottle
- \_\_\_\_\_ medications you need (daily medications, Advil/Tylenol, anti-malaria pill, Cipro)
- \_\_\_\_\_ entertainment items (playing cards, small portable games, I-pod/music, book to read)
- \_\_\_\_\_ journal/pen
- \_\_\_\_\_ snacks (small and non-crushable)
- \_\_\_\_\_ \$60-\$100 in cash (depending on your shopping habits ☺) and a credit card and/or debit card (You will need approx. \$40 to get out of the country at the end of the trip, so plan for this in advance!!)
- \_\_\_\_\_ your passport (plus a copy of your passport placed in a different place in case of emergency)
- \_\_\_\_\_ medical insurance card and insurance information from any additional insurance purchased

### **Things not to bring:**

- \_\_\_\_\_ irreplaceable/expensive jewelry
- \_\_\_\_\_ large amounts of cash
- \_\_\_\_\_ perfume/highly perfumed lotions, etc. (these attract more bugs!)
- \_\_\_\_\_ inappropriate or provocative clothing