

What to Bring

The following is list of suggested items to bring to your project. You will need to amend the list depending on the countries you are traveling to, local climates, and the work you will be doing. We recommend that you travel with a backpack, sleeping bag and mat unless otherwise instructed - this will leave your hands free and you'll be more comfortable during transit.

REQUIRED ITEMS	SUGGESTED ITEMS
<ul style="list-style-type: none"> • Airline/train/bus tickets • Passport – be sure to make 2 copies: leave one at home and keep one with you in a safe place • Project Information Sheet • Money/Traveler’s Checks/Credit Card- Many countries have easily accessible ATM machines in major cities and towns. These are great as they give you money in local currency so you don't have to go to a bank to exchange. • Sleeping bag and mat 	<p>Clothes</p> <ul style="list-style-type: none"> • Work clothes – pants, t-shirts, gloves, work boots/shoes, hat, sunglasses • Everyday clothes & toiletries <p>Documents</p> <ul style="list-style-type: none"> • Visa (if required) – be sure to make 2 copies: leave one at home and keep one with you in a safe place • International Youth Hostel Card- if you will be staying at hostels • International Drivers License – if you will be driving during your project <p>First Aid</p> <ul style="list-style-type: none"> • Glasses/contacts & solution – bring a backup pair just in case • Medication - Bring a copy of your prescription and your Doctor's telephone number. • Band-Aids, Tylenol, Pepto-Bismol, etc <p>Other</p> <ul style="list-style-type: none"> • Flashlight • Towel • Rain coat/umbrella • Cell phone (International) or camera • Bug repellent or mosquito netting • Phone Card • Foreign Language Phrase Book • Pictures of home, family, friends • Recipes – you'll be cooking so bring your favorite, easy recipe! • Games & music