

VOLUNTEERS FOR PEACE

International Voluntary Service



THINGS TO BRING

Following are suggestions of things 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 need your hands free to purchase tickets, take pictures, etc. Plus you will find it much easier and more comfortable when walking to your project or in airports and train stations.

Required

- ***Airline Tickets** & Train tickets if you have them.
- ***Passport** ~ Be sure to make 2 copies: leave one at home, keep one with you in a safe place.
- ***Sleeping Bag & Mat**
- ***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.

Work Clothes

- ***Pants**
- ***Shorts**
- ***T-shirts**
- ***Sweatshirt/Sweater**
- ***Gloves**
- ***Hat & Sunglasses**
- ***Work Boots/Shoes**
- ***Other Items Listed on Project Information Sheet**

Everyday Clothes/Items

- ***Shorts and/or Skirts**
- ***Pants**
- ***T-shirts**
- ***Long Sleeved Shirts**
- ***Sweater/Sweatshirt**
- ***Shoes** ~ Comfortable to walk in and wear a lot!
- ***Sandals**
- ***Swimwear & Sun screen**
- ***Underwear**
- ***Socks**
- ***Toiletries**
- ***Towel**
- ***Prescriptions**

First Aid

- ***Glasses/Contacts & Solution** Bring a back-up pair or a copy of your prescription.
- ***Medication** Bring a copy of your prescription and your Doctor's telephone number.
- ***Band-Aids**
- ***Aspirin/Tylenol/Ibuprofen**
- ***Pepto-Bismol/Imodium** ~ or other medication for intestinal discomfort.

Documents

- ***Visa** if required. Be sure to make 2 copies: leave one at home, keep one with you in a safe place.
- ***International Youth Hostel Card** if you will be hosteling
- ***International Drivers License** if you will be driving for your project

Other

- ***Mattress Pad**
- ***Flashlight**
- ***Rain Coat/Umbrella**
- ***Cell Phone (International) or Camera**
- ***Bug Repellent or Mosquito Netting**
- ***Journal/Pen**
- ***Addresses** ~ of Emergency Contacts, family, and friends.
- ***Phone Card**
- ***Foreign Language Phrase Book**

Project Fun

- ***Pictures** ~ of Home, Family, Friends, your State, etc.
- ***Recipes** ~ You will be cooking so bring some fun ideas that you know you can prepare.
- ***Games** ~ or Ideas for Group Games
- ***Music** ~ Ipod or Mp3 Player, Songs to sing, Instruments to play
- ***Study Materials** ~ related to project theme.