



Packing List

Pack light! You can hand wash clothes throughout the trip. We recommend that you either purchase or borrow a backpacking backpack that is large enough to hold all of your travel items and can be carried on your back (~50 liters). Rolling suitcases or duffel bags are discouraged as they will be difficult to manage. Additionally, bring a small backpack that you can take on day trips, fill with carry-on items on the plane and keep close to you with your valuable items (camera, passport, ATM cards, etc.). Limit your luggage to two bags only. Make sure that both are small enough to be carried onto your flight. *****Please do not check baggage, as it increases wait times for gathering students and getting on the bus on time, and lost luggage can be a huge hiccup in your trip and happens frequently.*****

Clothing/Footwear:

- Long pants for working on the farm and construction sites. (2-3 pairs)
- Shorts* (1-2)
- Lightweight T-Shirts (4-5)
- Nice shirt/outfit (2+ for going out in the evenings or community events)
- Light sweatshirt for travel or chilly nights
- Underwear (8-10)
- Long sleeve shirts for working on the farm to protect from sun, bamboo spines/nettle like needles, and sharp species of tall grass (1-3)
- Sturdy work boots (Sandals, sneakers, or any shoe without proper support and a hard toe will not be permitted on construction sites.)
- Sandals
- Socks, bring some high socks for jungle comfort (4-6 pairs)
- Sun hat
- Swim suit
- Towel

*Appropriate work clothes – inappropriate clothing will not be permitted in the work sites or in community interactions. This includes shorts or shirts that are too short or too tight.

Toiletries

- Medications (of your preference)
- Hydration packets: Gatorade or Nuun tablets for hydration. Whether or not you feel different or are generally good at keeping yourself hydrated, your body is experiencing drastically different levels of solar radiation at the Equator that may affect you in unexpected ways. Take extra precaution to stay hydrated and prevent fatigue, heat stroke, or heat exhaustion! *These are now mandatory as many people have more trouble than they expected adjusting to working in such a hotter and more humid climate and drain our first aid supply. Please remember your body behaves differently at the Equator and take care of yourself!

- *Probiotics and/or digestive enzymes to take every day. You can start preparing your body by taking these probiotics and eating foods like miso, kombucha, yogurt, acidophilus before your trip. Digestive bitters are also highly recommended. *These are also mandatory for the same reasons stated above.

- “Emergen-C” or other vitamin supplement you can add to water, any other supplements you’d like. Taking daily immune system boosters and probiotics before and during the trip can strengthen your digestive system to be prepared for the new microflora and microfauna your body will be exposed to and keep your immune system strong! Vitamin C can be ingested through fruits (mainly citrus) and vegetables or through supplements.

- Sunscreen
- Bug/Mosquito repellent
- Aloe Vera (for sunburn)
- Toothbrush/Toothpaste
- Liquid Biodegradable soap – Dr. Bronner’s is great
- Feminine Hygiene Products (to always be prepared on the farm)

Equipment

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| · 2 Durable Water bottles (nalgenes are best) | leave behind as a donation are great!) |
| · Sunglasses | · Flashlight or Headlamp |
| · Work/Garden Gloves (ones you’d like to | · Bandana |

Travel Documentation

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| · Passport | vaccination cards, etc.) |
| · Vaccination Card (optional) | · Emergency Contact Information |
| · Money belt (for money, passports, | · Luggage Tag |

Personal Items:

- Snacks: e.g. Power bars/granola bars – nice to have when traveling and working
- Frisbee, hacky sack, deck of cards
- A good book
- A notebook/sketchbook for taking notes during the bamboo building lecture series, and a journal (If you keep one you will love it, and be very glad you did!)
- Spending money - (~\$100 is what students usually spend for local snacks, drinks, souvenirs, etc.) Do not bring bills larger than \$10 as they will be hard to break
- Phones/Camera/iPod: Please bring at your own risk. Wifi is only available at some surrounding hostels when we visit Bahia and in a plaza about a 20 minute walk from the farm.