

Packing List – Second Semester (Guatemala & South Africa programs)

You are limited to one bag of no more than 50lbs and one carry-on per person (we will be firm on this!)

Footwear

- Socks: 100% cotton is good, but wool socks and/or quick drying hiking socks are also good options
- 1 pair of running shoes
- 1 pair of light weight hiking boots/shoes (inexpensive but comfortable will suffice)
- 1 pair of flip-flops or sandals (strap-up sandals are more practical)

Clothing

- Jeans
- 1-2 pairs of washable casual cotton pants and/or skirts
- 2-3 pairs of shorts (knee-length). Board shorts are usually good: they're lightweight and you can swim in them.
- Sportswear
- Sweaters and/or sweatshirts
- Long sleeved cotton shirts
- T-shirts
- Sun hat
- Adequate # of underwear (for 2 weeks)
- Rain gear (water proof jacket – required; pants – optional)
- Pyjamas
- 1-2 bathing suits: Women, no bikinis, only tankinis or one piece suits; guys, no Speedos
- At least one dressy outfit
- Work clothes, footwear and work gloves for service days (in Guatemala, girls will need 1-2 ankle length skirts for a few work projects)
- Toque

Personal

- Sleeping bag (compact) and pillow
- Toothbrush, toothpaste and dental floss
- Skin lotion
- Lip balm (with sun block)
- Soap and shampoo
- Deodorant
- Towel: "camp towels" which dry quickly and pack well are ideal but not required
- Prescription medication: If necessary (please advise the office of this before the beginning of the semester)
- Sun block (SPF 30 or higher)
- Insect repellent
- Sunglasses
- Eyeglasses or contact lenses
- Watch: Water-resistant
- Water bottle (at least 1 litre)
- Camera
- Flashlight (head lamp is recommended)
- Alarm clock
- Anti-foot odour powder (if you need it)

Note: It is sometimes hard to find the same brands of personal items such as toiletries in Guatemala and South Africa that you would find in Canada. If it is important to you to have a specific brand, stock up before you leave.

Other things to bring

- Pens, pencils
- Notebooks (you will likely need several each semester)
- Bible
- Small first aid kit (band aids, Gravol, aspirin, cold medicine, Pepto Bismol, vitamins, cortisone cream, and Imodium)
- Money belt
- ATM card
- Credit cards (optional)
- Traveler's checks (optional)
- Passport & 2 photocopies
- Small gift(s) for your host family (chocolates, calendars of your home community, pictures of yourself and your family, crayons/coloring books for children, puzzles, basic games, anything with a Canadian flag on it, etc.)

Packing

- Day pack (your "carry-on" piece)
- Backpack: At least 65 litres
- Small waterproof "dry bag": Good for camera, binoculars, etc. (optional)
- Backpack rain cover (optional)
- Backpack travel sack - to use when transporting your pack (optional)
- 3-5 stuff sacks - to organize your clothing and gear in your pack (optional)