

EQUIPMENT AND CLOTHING REQUIREMENTS – GUATEMALA

*Taken from pg 21-27 in the Student Handbook

WHY THIS LIST FOR A DISCIPLESHIP PROGRAM?

Outtatown is an intensely experiential and hands on program that takes you, the student, all the way from the Prairies and the Rockies – living, learning and working with inner city and rural organizations – and then to Guatemala.

During both semesters, you may find yourself in many different environments – on a lake, sleeping in a church basement, sleeping in a cave, hiking a mountain, skiing/snowboarding, sitting in a classroom, sunbathing on a beach, etc. Having the appropriate clothing and equipment can make your experience much more comfortable and enjoyable.

Most of the clothing and gear we recommend are multi-functional, therefore, you will be able to use them in the environments mentioned above and keep them for future adventures. We realize that it can be expensive to purchase new gear, so for some items you may want to borrow from family or friends. In most cases, we strongly recommend bringing the clothing and equipment in these packing lists, but you may use your own judgment.

Regarding Clothing: Students are required to dress in a clean, neat, and modest manner. For women, this means no short shorts or skirts, low-cut tops, or string bikinis. If leggings are worn, you must also wear a skirt or shirt that covers the butt. For men, this means no short shorts or Speedos. It's important to note that there will be times throughout the year (i.e. Roseau River Week, Vancouver Urban Plunge) where there will be additional clothing guidelines. The site leaders will have freedom to put those guidelines in place as needed throughout the year.

Dress Code Guidelines for ALL students to follow:

- Shorts (or skirts) – when standing, length of shorts should be at or longer than the end of your fingertips. Approximately at mid-thigh.
- Tops – Straps should be 2-3 fingers wide, length should be to the hip.
- Bathing suits – You'll be doing active water activities (cliff jumping, surfing, paddling, etc.). Make sure your swimwear is appropriate to participate fully and safely.

Tip: Year after year, students wish they would have brought less stuff along with them. You will be packing and unpacking your stuff many, many times throughout the course of a semester, approximately 20-30 times in a 12 week period. The majority of your clothes should be everyday clothes that you feel comfortable in. There will be work/service days and outdoor activities throughout the semester, however, the majority of your days are spent at camp in the lodge for instruction sessions, group meetings or worship times.

Regarding Footwear: It is incredibly important to have the appropriate footwear for a program such as this one. You will need a pair of light weight hiking boots or shoes (for hiking, climbing, working, and trekking during BOTH semesters). Everyone has different feet; so make sure you get a pair that is comfortable for you. We also suggest having a few pairs of socks that dry quickly and keep your feet warm even when they're wet. Wool socks are usually a good option.

Regarding Laundry: You are responsible to complete your own laundry. Throughout the semester, you will have access to laundry facilities at least once every two weeks. For more information about laundry services, refer to the FAQs at the end of this section.

We recommend that you only bring clothing, bedding and belongings that you would feel comfortable putting in a dryer. At times, for precautionary measures you may need to heat treat your belongings.

Valuables: Whenever you travel it's important to minimize the number of valuable items you are travelling with. This may include a laptop, cell phone, camera, jewellery, musical instruments, and/or anything else you consider really important or expensive. We recommend you seriously consider each valuable item and how it may or may not enhance your experience. You will have full responsibility of taking care of these items during your travel.

Second Semester: Clothing requirements for second semester will remain similar to that of first semester. Guatemalans tend to dress modestly. While women do wear pants and shorts, skirts and dresses (knee-length or longer) are more common in most areas. Casual dress clothing for evening events is sometimes needed. Remember to bring a few long sleeved options – early mornings and evenings can both be a bit on the chilly side! In Guatemala, the weather is spring like all year, so make sure you pack enough layers to accommodate a wide span of different temperatures.

Baggage Limits: These limits differ for each semester.

First Semester: 2 Pieces of Luggage & 1 Carry-on style bag (based on room in Outtatown vehicles)

Second Semester: 1 Travel Backpack (50lbs or less), 1 Carry-on per person (based on airline regulations)

Optional: Purchase a travel sack to protect your travel backpack. (If you don't want to purchase a travel sack, you can tuck in or tape down your straps.)

You will be given your textbooks and a few other materials during the year. Make sure you leave extra room while packing for this, plus room for any purchases you plan to make.

If you have questions regarding what you should or should not pack please contact us at the office.

FIRST SEMESTER PACKING LIST

Due to space in Outtatown's vehicles you are limited to two pieces of luggage (no more than 50lbs each), one carry-on (backpack or small duffel bag), and one personal item (purse, laptop/camera bag). You will be responsible to carry your bags. Remember: less is more!

BAGGAGE LIMITS

- ☐ Day pack/carry-on (i.e. small duffel bag or backpack)
- ☐ Travel Backpack (recommend at least 65 litres in size)
- ☐ 2nd Bag - Duffel bag or suitcase (optional)

PACKING (optional)

- ☐ Small waterproof "dry bag": Good for camera, binoculars, etc. *Ideal for the canoe trip*
- ☐ Backpack rain cover
- ☐ Backpack travel sack - to use when transporting your pack
- ☐ 3-5 stuff sacks - to organize your clothing and gear in your pack

FOOTWEAR

- ☐ Socks: it's good to have at least a few pairs of quick drying socks that are particularly good for hikes and other activities and at least a pair or two that are warm
- ☐ 1 pair of everyday shoes
- ☐ 1 pair of hiking/activity shoes (*used also for work days*)
- ☐ 1 pair of casual dress shoes (*optional*)
- ☐ 1 pair of winter boots (*optional*)

CLOTHING

* Recognizing that everyone has different clothing styles, the amount of items you bring may differ. We recommend you pack according to what you are comfortable with. Just be sure to be prepared for working, outdoor wear, getting dressed up, warm weather/cold weather, and relaxing.

- ☐ Long Pants (*i.e. Jeans, cotton pants, dress pants*)
- ☐ Shorts (*depends on the fall weather, a pair or two is sufficient*)
- ☐ Sportswear
- ☐ Sweaters/long sleeve shirts: *Tip: you are travelling in Canada during fall & winter, have at least a few sweaters.*
- ☐ T-shirts
- ☐ Adequate amount of underwear (*2 weeks worth*)
- ☐ Pajamas
- ☐ Bathing suit (*No string bikinis or Speedos*)
- ☐ One or 2 dressy outfits (*i.e. Church, Christmas Banquet*)
- ☐ Ankle length skirt (*There is at least one location where this is culturally necessary.*)
- ☐ Work clothes and work gloves for service days: enough for a day or two is sufficient
- ☐ Rain gear (*waterproof jacket – required; pants – optional*)

Note: last year's students highly recommend that you bring a good rain jacket because you will need it

- ☐ Light jacket for layering (*i.e. light or medium weight fleece*). *Could be combined with the rain jacket.*
- ☐ Hat
- ☐ Winter jacket: including toque, gloves, scarf and long underwear
- ☐ Snow pants (*optional, can rent them for skiing/snowboarding at the end of the semester*)

PERSONAL

- ☐ Compact sleeping bag and pillow/pillow case (****Keep in mind:** *You will need your sleeping bag in both first semester when it can be cold, and second semester when it will likely be quite warm*)
- ☐ Compact self-inflating mattress (ie. Thermarest). *You won't need it that often, however there will be times that you will be sleeping on the floor or in a tent and you will be glad you have it.*
- ☐ Personal Toiletries: toothbrush, toothpaste, dental floss, skin lotion, soap, shampoo, deodorant, etc.
- ☐ Lip balm (*with sun block*)
- ☐ Hand Sanitizer (*perfect for times when washing hands isn't an option*)
- ☐ Towel: "camp towels" which dry quickly and pack well are ideal
- ☐ Prescription medication: If necessary (**please advise the office**)
- ☐ Sun block (*SPF 30 or higher*)
- ☐ Watch: water-resistant
- ☐ Water bottle (*at least 1 litre, wide top bottles make it easier to clean*)
- ☐ Camera
- ☐ Flashlight (*head lamp is recommended*)
- ☐ Anti-odour foot powder (*if you need it*)
- ☐ Sunglasses (*optional*)
- ☐ Insect Repellent (*optional*)

OTHER THINGS TO BRING

- ☐ Pencil case with pens, pencils, highlighters, etc.
- ☐ Binder or duotang (*for loose papers*), notebooks, journal (*for instruction and personal writing*), OT Handbook
- ☐ Assignment journal and textbooks – leave room for these. They will be given to you on program
- ☐ Bible
- ☐ Small first aid kit: *band aids, Gravol, aspirin, cold medicine, Pepto Bismol, vitamins, cortisone cream and Imodium, etc.*
- ☐ Your health insurance information

- ☐ ATM card
- ☐ Credit card (*optional*)
- ☐ Fitted sheet for single bed (*optional, but highly recommended*)
- ☐ Laundry bag
- ☐ Laundry detergent (*students are required to do their own laundry – usually in coin operated machines*). Students can bring along or purchase together with other students.

ADDITIONAL ITEMS: Only 1 extra item/person. We will do our best to arrange for transportation of musical instruments but due to limited space we cannot guarantee that there will be room for sports equipment.

- ☐ Musical instrument (*i.e. guitar or hand drum*)
- ☐ Skis/Snowboard (*only one opportunity at the end of the semester*)

You will be given your textbooks and a few other materials during the year. Make sure you leave extra room while packing for this, plus for any purchases you plan to make.

CANOE TRIP PACKING RECOMMENDATIONS

Note: You will be travelling directly from Registration Day to the Canoe Trip. This is the only canoe trip of the first semester. These are a few recommendations that will help you come prepared for your Canoe Trip. The first night will be spent at the base camp, where you will be given a lesson on how to pack and then will have the opportunity to re-pack/separate your backpack upon arrival at the camp. The canoe trip will begin the following day.

Waterproofing: Because we usually paddle rain or shine waterproofing your belongings is absolutely essential. There is nothing worse than crawling into a soaking wet sleeping bag after a hard day of paddling. In colder weather, wet gear is not only uncomfortable, it is also dangerous, as it will not keep you warm. Waterproofing your sleeping bag is the most important thing you can do!

To properly waterproof your gear in a simple and economical fashion, use large, heavy-duty garbage bags (not the thin ones. Huge leaf bags work really well). Use two of these bags, doubled up to line the **INSIDE** of a duffel bag or backpack. Seal the top of the garbage bags by rolling multiple times. If using this method, bring extra bags in case one tears.

One other option for waterproofing is to purchase a “dry bag” from any outdoor equipment supply store. Be sure that you purchase a size that can accommodate all of your personal gear.

If you have questions regarding what you should or should not pack please contact us at the office.

SECOND SEMESTER PACKING LIST

Due to airline regulations you are limited to one Travel Backpack (no more than 50lbs), one carry-on (backpack or small duffel bag), and one personal item (purse, laptop/camera bag). You will be responsible to carry your bags. Remember: less is more!

BAGGAGE LIMITS

- ☐ ONE: Day pack/carry-on (*i.e. Duffel bag or backpack*)
- ☐ ONE: Travel backpack (*recommend at least 65 litres in size*)
- ☐ ONE: Personal item (*purse, laptop/camera bag*)

PACKING (*optional*)

- ☐ Small waterproof “dry bag”: Good for camera, binoculars, etc.
- ☐ Backpack rain cover
- ☐ Backpack travel sack - to use when transporting your pack
- ☐ 3-5 stuff sacks: to organize your clothing and gear in your pack

FOOTWEAR

- ☐ Socks: it's good to have at least a few pairs of quick drying hiking socks that are particularly good for hikes and other activities and at least a pair or two that are warm
- ☐ 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 (*mid-thigh to knee-length*). Board shorts are usually good: they're lightweight and you can swim in them.
- ☐ Sportswear
- ☐ 2-3 sweaters and/or sweatshirts
- ☐ Long sleeved cotton shirts
- ☐ T-shirts
- ☐ Adequate amount of underwear (*for 2 weeks*)
- ☐ Sun hat
- ☐ Toque
- ☐ Rain jacket

- ☐ Pajamas
- ☐ 1-2 bathing suits (*No string bikinis or Speedos*)
- ☐ **At least one dressy outfit for church:**
 - ☐ Guys: Collared shirt/pants
 - ☐ Girls: Dress or skirt (knee-length)
- ☐ Work clothes and work gloves for service days

PERSONAL

- ☐ Compact Sleeping bag and pillow
- ☐ Personal Toiletries: toothbrush, toothpaste, dental floss, skin lotion, soap, shampoo, deodorant, etc.
- ☐ Lip balm (*with sun block*)
- ☐ Hand Sanitizer (*perfect for times when washing hands isn't an option*)
- ☐ Towel: "camp towels" which dry quickly and pack well are ideal but not required
- ☐ Prescription medication: if necessary (**please advise the office**)
- ☐ Sun block (*SPF 30 or higher*)
- ☐ Watch: water-resistant
- ☐ Water bottle (*at least 1 litre, wide top bottles make it easier to clean*)
- ☐ Camera
- ☐ Flashlight (*head lamp is recommended*)
- ☐ Anti-odour foot powder (*if you need it*)
- ☐ Earplugs (*optional*)
- ☐ Sunglasses (*optional*)
- ☐ Insect repellent (*optional*)

Note: It is sometimes hard to find the same brands of personal items such as toiletries in Guatemala 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

- ☐ Pencil case with pens, pencils, highlighters, etc.
- ☐ Binder or Duotang (*for loose papers*), notebooks, journal (*for instruction and personal writing*), OT Handbook, assignment journal
- ☐ Spanish/English Dictionary (*optional, but very helpful*)
- ☐ Bible
- ☐ Small first aid kit: *including band aids, Gravol, aspirin, cold medicine, Pepto Bismol, vitamins, cortisone cream, rapid rehydration packages (Gatorade or Emergen-C) and Imodium, etc.*
- ☐ Money belt
- ☐ ATM card
- ☐ Credit card or Traveller's cheques (*optional*)
- ☐ Voltage converter & adapter (*see page 39*)
- ☐ Passport & 2 photocopies
- ☐ Health insurance and emergency contact information
- ☐ Lock - key or combination (*helpful when staying at hostels*)
- ☐ Small gift(s) for your host family (*chocolates, calendars of your home community, photos of yourself and your family, colouring books & crayons puzzles, basic games, etc.*)

You will be given your textbooks and a few other materials during the year. Make sure you leave extra room while packing for this, plus for any purchases you plan to make.