

**PACKING AND TRAVEL TIPS
FOR HELPS CONSTRUCTION TEAM VOLUNTEERS**

The essential items checklist

1. 1 soft bag weighing no more than 50 lb. to check
2. 1 carry-on
3. water bottle
4. hat or sun visor
5. jacket or sweatshirt
6. light raincoat sturdy, closed shoes
7. day pack or tote bag and/or fanny pack
8. bug repellent
9. washcloth & towel
10. soap & shampoo
11. toothbrushes (extra in case you contaminate one)
12. shower shoes
13. light sleeping bag & sleeping pad & pillow or sheets and blanket if you prefer
14. camera & film
15. flashlight
16. alarm clock
17. batteries for above
18. travelers checks or cash
19. passport & neck pouch for passport
20. copy of passport inside luggage
21. airline ticket
22. antibacterial hand wipes and/or antibacterial lotion
23. tissues and/or bathroom emergency kits (toilet paper, seat protector and hand wipe)
24. personal toiletry items, contact lens kit, medications, etc.

GENERAL TIPS:

Travel light with just a few changes. Too many clothes are a problem to manage and carry. You will be able to wash things out by hand during the week.

Don't bring things that will be a temptation; don't bring any item that is irreplaceable. Leave expensive jewelry and watches at home. Bring small binoculars and a good camera with film or digital camera.

A water bottle is essential to carry to the site. (You will also need to keep your water bottle handy for teeth brushing. Tap water is an enemy.) Water will be provided for refills.

Put in a day pack or something with which to carry your water, lunch, and personal things to the construction site.

Clothes and shoes: (while on the bus and at the worksite)

Females: Light-weight VERY loose fitting pants (NO LOW RIDERS) or skirts and dresses that come below the knee. (Don't forget a slip.)

Tops that have sleeves and are not tight. Modesty is the best policy.

Males: Long pants (never shorts) Shirts with sleeves. (No muscle shirts.)

Clothes for Antigua are resort clothes, shorts permissible, bathing suits for pool.

Please remember you are representing HELPS at all times and be sensible.

Hat or sun visor to protect you from the sun while you work. You will be at a high elevation and the sun can be harsh.

Sturdy, closed shoes. Streets are dirty and sanitation is poor. Keep sandals for indoors only.

Jacket, sweatshirt, or sweater for mornings and evenings can be cool.

Light raincoat or umbrella unless you enjoy working in the rain.

In most cases there will be electricity for hair dryer and curling iron if you want them.

Traveler's checks or dollars. There will be time to shop in the village for Mayan crafts.