

PACKING LIST FOR TRAVELERS

DOCUMENTS

- Passport, plus a photocopy of the first two pages of passport*
- Identification (driver's license)
- Money belt or other means of carrying valuables safely

CLOTHING

Weather will be hot and humid (80-95 degrees) in most regions of El Salvador. Rainy season begins in May and ends in September-October (muddy conditions).

- Long sleeved shirt or light jacket for chilly evenings and air-conditioned plane
- Simple dress for meetings; skirt, blouse or shirt, jeans, slacks – cotton is best*
- Shorts and T's are fine for evenings
- Light rain poncho and shoes that can handle mud, if traveling in the rainy season
- Walking shoes*
- Sun glasses and sun hat *
- Change of underclothes for each day*
- Plastic bag for dirty clothes

EQUIPMENT AND TOILETRIES

- Aspirin/Tylenol- your preferred headache reliever
- Pepto Bismol (tablets travel more easily than liquid)*
- Sun Screen*
- Bandages/first aid material
- Mosquito Repellent with DEET (**30-38% strength**)* and cortisone cream for bites*
- Roll of toilet paper/packets of tissue for latrine use
- Personal hygiene products (toothpaste, toothbrush, soap, shampoo)
- Comb, brush, small mirror, hair dryer – voltage is the same in ES as in the US
- Packets of Wash-n-Dry for pocket/knapsack
- Anti-malarial and/or other prophylactic medications
- Any other prescription medicine- be sure it is in your name and in the original packaging
- Zip-lock bags of various sizes to keep things dust free and for soiled items
- Water bottle
- Flashlight (Mini-Mag brand is small, light, inexpensive and convenient)

* These items are absolutely necessary

OPTIONAL (Ideas from past delegations)

- Your favorite munchies – granola, candy bars, raisins, crackers, gum, energy food, peanut butter, tea
- Lip balm with sunscreen
- Comfortable shoulder bag or knapsack
- Spanish dictionary or Spanish phrase sheet
- Leisure reading (for plane or when you need to relax)
- Penknife – make sure this is in checked luggage
- Ear plugs or cotton – roosters at 4 am or traffic may bother your sleep
- Camera – best to bring disposables- they are small and less tempting to petty thieves. If you bring your own camera, have plenty of film/batteries or memory card. They are twice as expensive to purchase in ES
- Notebook or journal, pens and pencil