

# Esperanza International, Inc

## Packing Lists

### Personal Packing List

- Passport
- Medical Form (must be completed, signed, printed)
- Liability Form (must be completed, signed, printed)
- Water bottle!!!
- Spending Money:
  - (It can be fun to do some shopping in the local markets if time is allotted)
  - (Phone cards are about \$5 for 5 min. etc.)
- Clothes (suggestions for work and general)
  - Shorts
  - Lightweight pants
  - Short sleeve/sleeveless shirts (cotton)
  - Sweatshirt or long sleeve shirt for evening when it is cool
  - Lightweight jacket
  - Pajamas
  - Underwear, socks
  - Sturdy shoes for the worksite (sports/tennis shoes are OK)
  - Shoes
  - Sandals
  - If during the winter: WARM clothes, it may be raining and colder than you would expect.*
- Work gloves (we will be hauling concrete blocks & digging, and recommend a coated/lined pair)
- Ear plugs and safety glasses
- Sunglasses – We recommend sunglasses that are also safety glasses
- Sunscreen - preferably 30 or higher and lip balm with sunscreen
- Hat for the sun
- Small towel, bath towel, wash cloth
- Toiletries
  - Soap, shampoo, wash, deodorant, brush/comb, toothbrush, toothpaste, lotion, etc.
  - Contact lens items, glasses
  - Shower sandals
- Personal medicines
  - Find more official information regarding traveling with medications [here](#)*
- Travelers kit for diarrhea, etc.
- Sleeping bag OR bedding - (fitted and top sheets for twin size bed & blanket). (Pillows are provided)
- Small flashlight
- (Antibacterial) hand wipes - great for cleaning dirty hands when wash facilities are not available
- Camera/ Phone and chargers

## Group Leader Packing List

- First Aid Kits, one per vehicle. See list below
- Vehicle registration
- Proof of U.S. auto insurance
- Mexico auto insurance
- Written permission from owner to take vehicle into Mexico
- Spare set of keys
- Jumper cables
- Written permission to bring minor into Mexico
- Medical & Liability forms for Esperanza and your organization, and copies of medical waivers for in each vehicle.
- Group money (for gas, parking, food, etc.)
- (Suggested) Printed copy of this document to have during the trip.
- (Suggested) Printed Emergency Contact cards for your volunteers. See pages 9-10 of the Safety Manual.
- Please note that it works well for some groups to share shampoo and other personal items.

## First Aid List

### Suggested minimum group supplies

- |   |  |
|---|--|
| <input type="checkbox"/> First aid manual                         | <input type="checkbox"/> Band-aids                             |
| <input type="checkbox"/> OTC Medications                          | <input type="checkbox"/> Assorted                              |
| <input type="checkbox"/> Non-prescription pain relievers (NSAIDs) | <input type="checkbox"/> 3" x 4" moleskin strips               |
| <input type="checkbox"/> Cough drops                              | <input type="checkbox"/> 2¼" x 3½ Adhesive pads (4)            |
| <input type="checkbox"/> Decongestant                             | <input type="checkbox"/> 3" x 4" Adhesive pads (4)             |
| <input type="checkbox"/> Sun block                                | <input type="checkbox"/> 3" x 3" Adhesive pads (4)             |
| <input type="checkbox"/> Antacid tablets                          | <input type="checkbox"/> 2" x 3" Adhesive pads (4)             |
| <input type="checkbox"/> Pepto Bismol or Imodium AD               | <input type="checkbox"/> 40" Triangular bandage                |
| <input type="checkbox"/> Anti-itch cream for bug bites            | <input type="checkbox"/> 2" x 126" Flex gauge                  |
| <input type="checkbox"/> Insect repellent                         | <input type="checkbox"/> 2" x 2" 8-ply sponge                  |
| <input type="checkbox"/> First Aid Cleaners:                      | <input type="checkbox"/> Adhesive tape                         |
| <input type="checkbox"/> Neosporin/ First aid ointment            | <input type="checkbox"/> Scissors                              |
| <input type="checkbox"/> Rubbing alcohol                          | <input type="checkbox"/> Tweezers                              |
| <input type="checkbox"/> Hydrogen peroxide                        | <input type="checkbox"/> Safety pins                           |
| <input type="checkbox"/> First aid spray                          | <input type="checkbox"/> Ziploc bags                           |
| <input type="checkbox"/> First aid wipes                          | <input type="checkbox"/> Ice pack                              |
| <input type="checkbox"/> Cotton                                   | <input type="checkbox"/> Bee sting kit                         |
| <input type="checkbox"/> Eye wash                                 | <input type="checkbox"/> Thermometer                           |
| <input type="checkbox"/> Sanitary pads                            | <input type="checkbox"/> COVID-19 Test Kits, 2 per participant |
| <input type="checkbox"/> Ace bandages                             |  |