

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
- 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

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 | |