



Esperanza

Packing Lists

Personal Packing List

- Passport/ Travel Documentation
- [Medical Form](#) and [Liability Waiver](#) (both must be completed, signed, printed)
- Water bottle
- Cash spending money:
 - (It can be fun to do some shopping in the local markets if time is allotted)
 - (Cash for Esperanza gear like shirts etc)
- Clothes (suggestions for work and general)*
 - Shorts
 - Lightweight pants
 - Short sleeve/sleeveless T-shirts
 - Sweatshirt or long sleeve shirt for evening when it is cool
 - Lightweight jacket
 - Pajamas
 - Underwear, socks
 - Daily shoes and sandals
 - If during the winter: WARM clothes & blanket, it may be raining/ colder than you would expect at night.*
- For the Worksite*
 - Sturdy close-toed shoes for the worksite (sports/tennis shoes are OK)
 - Work gloves (we will be hauling concrete blocks & digging, and recommend a coated/lined pair)
 - Ear plugs
 - Safety glasses and face coverings/ work masks (recommended when working with cement)
 - Sunglasses – We recommend sunglasses that are also safety glasses
 - Sunscreen - preferably 30 or higher and lip balm with sunscreen
 - Hand wipes & sanitizer - great for cleaning dirty hands when wash facilities are not available
 - 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, top sheets, and pillow case for twin size bed & blanket). (Pillows are provided)
- Small flashlight
- Camera/ Phone and chargers

Group Leader Packing List

- For vehicles
 - 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
- First Aid Kits, one per vehicle. See list below
- Written permission to bring minor into Mexico
- Medical & Liability forms for Esperanza and your organization, and copies of medical waivers for in each vehicle.
- Cash group money (parking, meals out, etc.), Credit card for gas and groceries
- (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 [Security Manual](#).
- Please note that it works well for some groups to share:
 - Shampoo and other hygiene items
 - Work site items such as gloves, ear plugs, masks, hand sanitizer, hand wipes, snack bars, sunscreen, etc

First Aid List

Suggested minimum group supplies

- | | |
|--|--|
| <input type="checkbox"/> First aid manual | <input type="checkbox"/> Ace bandages |
| <input type="checkbox"/> OTC Medications <ul style="list-style-type: none"><input type="checkbox"/> Non-prescription pain relievers (NSAIDs)<input type="checkbox"/> Cough drops<input type="checkbox"/> Decongestant<input type="checkbox"/> Sun block<input type="checkbox"/> Antacid tablets<input type="checkbox"/> Pepto Bismol or Imodium AD<input type="checkbox"/> Anti-itch cream for bug bites<input type="checkbox"/> Insect repellent | <input type="checkbox"/> Band-aids <ul style="list-style-type: none"><input type="checkbox"/> Assorted<input type="checkbox"/> 3" x 4" moleskin strips<input type="checkbox"/> 2¼" x 3½ Adhesive pads (4)<input type="checkbox"/> 3" x 4" Adhesive pads (4)<input type="checkbox"/> 3" x 3" Adhesive pads (4)<input type="checkbox"/> 2" x 3" Adhesive pads (4)<input type="checkbox"/> 40" Triangular bandage |
| <input type="checkbox"/> First Aid Cleaners: <ul style="list-style-type: none"><input type="checkbox"/> Neosporin/ First aid ointment<input type="checkbox"/> Rubbing alcohol<input type="checkbox"/> Hydrogen peroxide<input type="checkbox"/> First aid spray<input type="checkbox"/> First aid wipes | <input type="checkbox"/> 2" x 126" Flex gauge |
| <input type="checkbox"/> Cotton | <input type="checkbox"/> 2" x 2" 8-ply sponge |
| <input type="checkbox"/> Eye wash | <input type="checkbox"/> Adhesive tape |
| <input type="checkbox"/> Sanitary pads | <input type="checkbox"/> Scissors |
| | <input type="checkbox"/> Tweezers |
| | <input type="checkbox"/> Safety pins |
| | <input type="checkbox"/> Ziploc bags |
| | <input type="checkbox"/> Ice pack |
| | <input type="checkbox"/> Bee sting kit |
| | <input type="checkbox"/> Thermometer |