



Esperanza

Packing Lists

- ☐ [Medical Form](#) and [Liability Waiver](#) (both must be completed and submitted 2 weeks before arrival)
- ☐ Passport/ Travel Documentation
- ☐ Water bottle
- ☐ Cash spending money:
 - ☐ (It can be fun to do some shopping in the local markets or ice cream places if time is allotted)
 - ☐ (Cash for Esperanza gear like shirts, stickers, bags, 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, or for worksite sun protection
 - ☐ 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 or dirt)
 - ☐ 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, and wash cloth
- ☐ Toiletries
 - ☐ Soap, shampoo, body 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
 - ☐ Proof of 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
- ☐ Copies of Medical waivers in your email, on your device, or printed in your vehicle
- ☐ [FMM Tourist Cards](#) for each participant staying over 7 days
- ☐ 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

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