

UNA VIDA PACKING LIST

Personal Items:

- Passport and second form of ID (Driver's license, state ID card, or school ID card)
- Framed photo to leave with your host family
- Journal and pens
- Headlamp or flashlight and extra batteries (small flashlights are good to give families when you leave)
- Camera and extra batteries
- Compact English-Spanish Dictionary
- Hat (fully brimmed is best)
- Work gloves
- Sunglasses
- Sunscreen/lip balm
- Benadryl stick
- Bug spray (Deep Woods Off/Sportsman is quite good)
- Old pillow case or garbage bag for laundry
- 5 plastic grocery bags
- 5 large Ziploc bags
- Watch with alarm or travel alarm clock
- Packaged snacks (granola bars, cliff bars etc.)
- 2 two-quart water bottles (one goes in your backpack for the flight)
- Ear plugs (it gets loud!!!!)
- Swiss army knife or Leatherman (optional)

Clothing Items:

- Water shoes and/or Teva type shoes (for bathing in the river)
- Tennis shoes/hiking boots (for day to day work and hiking)
- Sandals or shoes to wear at night (a little more dressy)
- One pair of dress shoes (men)
- 2 swim trunks or bathing suits (women must wear tank top over bathing suit)
- 2 towels (a bath size towel and a thinner one for a quick dry)
- 4 pairs of shorts/Capri's
- T-shirts/tank tops (for work)
- 2 pairs of long pants
- 2 collared shirts for gentlemen for night time
- 1 or 2 cotton dresses or skirts and tops (on disco nights, you will want nice, modest clothes)
- Light sweater or hoodie and sweats (for nights in the mountains)
- 6 pairs of socks
- 6 pairs of underwear
- Lightweight cotton sleep attire (boxers and t-shirts work great)

Toiletries:

- Toothbrush
- Toothpaste
- Deodorant
- Shampoo (in a small bottle)
- Body soap
- Hand sanitizer

- All purpose wipes (good for when water is limited)
- Tissues

Gifts: gifts are really nice to bring as a thank you to your host family. In addition to thank you notes and your framed photo, think about bringing one or two (not all!) of the following: handmade anything (always the best!), T-shirts or baseball caps, kitchen towels, pot holders, and wipeable/flannel-backed table cloths. Also think about things like playing/Uno cards and nail polish, which are gifts but also activities to do with your fam.

*Remember to be mindful of how you pack. As Americans, we tend to bring too much. Also, be aware of airline restrictions regarding carry-on bags (liquids, knives, etc.).

Do *Not* Pack:

X Too much

X Large amounts of cash (Una Vida will exchange your dollars to pesos for you)

X Travelers checks

X Hair dryers

X Curling or Flat irons

X Too much make – up

X Electronics* (including iPods!)

X Anything you would be devastated to lose

*Bring cell phones for in-transit communication. They'll be taken and stored for you in Santo Domingo for safe-keeping.