

Sample Packing List

- Passport
- Spending Money (for souvenirs, personal food, etc.)
- Work clothes: lightweight pants; short sleeve shirts; baseball cap or hat; sturdy closed-toe shoes; work gloves, N-95 respirator/mask for excavation at site, safety glasses, ear plugs, bandana (optional)
- Clothes off the work site: shorts or long pants; sweatshirt, light jacket, or long sleeve shirt for evenings, casual shoes or sandals.
- Pajamas, underwear, socks
- Sunglasses
- Sunscreen - preferably 30 or higher and lip balm with sunscreen
- Small towel; bath towel; washcloth; soap; shampoo; toothbrush; toothpaste, toiletries, etc.
- **Bedding: sleeping bag OR fitted and top for twin size bed & blanket (Check with trip leader for specifics)**
- Any personal medicines (in original bottles w/ labels for border crossing)
- Diarrhea tablets (if desired)
- Small flashlight
- Antibacterial hand wipes or hand sanitizer
- Water bottle with easy-close top
 - Earplugs
 - Personal snacks
 - Journal