

The main thing to remember here is that there should be very little on this list for you to go out and purchase. There are a few non-negotiables like your passport, insect repellent and sunscreen (if you are coming to camp or in Peru's summer months... January-May), but as for everything else, do your best to scrounge, borrow, share or purchase cheaply if you must.

Please limit your luggage to one piece of checked baggage and one carry-on. Keep in mind that you may be carrying your luggage several times, so you want to try and minimize your packing as much as possible. Don't leave off items, but really try and stuff. You may also be asked to bring an extra suitcase for the ministry.

It's a good idea to try and carry one change of clothes in your carry-on, just in case your checked bag arrives late. Other things to have in your carry-on luggage: Bible, passport of course, something to write with, anything else you might want to read during your day of travel. Remember, under the "new" carry-on restrictions, you can only carry one quart sized zip lock bag with liquids in containers of less than 3 oz, anything bigger or more will have to be thrown out.

You will need:

YOUR PASSPORT-PLEASE MAKE A PHOTOCOPY OF THE FRONT TWO INFORMATION PAGES AND GIVE TO YOUR TRIP LEADER.

All of the following is necessary. Optional items are marked with an(*)

SLEEPING BAG *only if you are going for a camp, otherwise a hostel will provide you with basic sheets & a blanket. No need for anything warmer than a 35 degree bag. Also, be sure to bring a pillow or something to use as one.

***INSECT REPELLENT** (if going to camp or coming during summer months) with 25-35% DEET (spray is better than a lotion)

***SUNSCREEN** with SPF 30 or higher, depending on how sensitive your skin is... (not necessary during winter months July- October)

SUNGLASSES

HAT to keep sun off your face and head

BANDANA-to keep sun off your neck

BATH TOWEL, for drying off after showers or swimming (a little face towel ain't gonna get it!)

SWIMSUIT (girls, no bikinis please-though some locals may wear two-piece bathing suits, it might be seen as somewhat culturally offensive for foreigners to wear them)

2 TRAVEL OUTFITS....I'd say jeans, long skirts or casual dresses

WATERPROOF JACKET OR PANCHO.....if you don't have a waterproof jacket, you don't need to rush out and buy GORE-TEX, sure it is wonderful stuff, but you can get by with a seam-sealed pancho...just something to continue working in if you must through rain.*Lima never sees rain, maybe a light mist but rain never. If we begin going outside of Lima it would be a MUST.

GRUBBY WORK CLOTHES FOR 5 DAYS What is meant by "grubby, work clothes?":

Jeans, lightweight cotton, nylon or polyester pants OR shorts that you don't mind getting muddy, wet, nasty. Add several T-shirts to this and you have great work outfits. I'd say no more than 3 pairs of pants and 5 T-shirts. If you are working at a camp, your only washing opportunity may be in the ocean or very limited "bucket showers", so just anticipate getting these outfits grubby. (a bad hair day is going to be the least of your fashion concerns)

(**Note:** Most people opt for shorts in the summer due to the warmer temperatures and a T-shirt....most important thing is don't forget the sunscreen and repellent!)

WORK SHOES....shoes you can get grubby as you work and walk through dusty streets.

1 PAIR OF COMFORTABLE WALKING/RUNNING SHOES...you may choose to work in these also.

AFTERNOON, "CHILL" PANTS...for relaxing in during the evening, ones you don't plan to work in or get grubby.

1 CHURCH OUTFIT for church or a nicer dinner... guys khakis and a collared shirt, girls NICE jeans w/ top or skirt or dress... modest and simple

A FULL TRIP'S SUPPLY OF SOCKS, one for each day, unless you don't mind wearing a pair twice.

A FULL TRIP'S SUPPLY OF CLEAN UNDERWEAR!

FLEECE OR SWEATSHIRT...especially if you are cold-natured and coming between June and September.

***SANDALS**, like Tevas, Reef, flip-flops, etc. something to wear around in the afternoon, for swimming or showering.

WATER BOTTLE-something you'd be comfortable carrying with you during the day... nalgene are great.

***FANNY PACK**-nothing major, but something you can a camera and wallet into

***ENGLISH TO SPANISH DICTIONARY**-pick up the simplest thing you can find. If you don't know Spanish already, you're obviously not going to master it during your trip, but you'll want something to refer to in a pinch. (or you might pair up with someone and share this)

***GATORADE OR CRYSTAL LIGHT POWDER** If you don't love drinking water, may choose to bring something powdered for taste

FLASHLIGHT (headlamp if doing a camp), just something to use in case (or rather, when) the electricity goes out at night

BIBLE

A JOURNAL...you will want to be able to jot down some of your thoughts and experiences as they unfold.

TOILETRIES...toothbrush, paste, soap, shampoo, razors, etc. Note: Girls, your opportunities for buying any feminine products will be extremely limited, so come as prepared as possible.

TOILET PAPER...always good to bring one roll. Just stuff it down into your luggage.

MEDICINE: it's a good idea to carry along some pain reliever such as Ibuprofen or Tylenol, Imodium AD in liquid or tablet form, Dramamine if you get car sick, some Pepto, Band-Aids, Neosporin, anything else you personally might need. **Some people may ask their doctor ahead of time for a Prescription of 500 mg antibiotic Cipro just in case.**

AIRPORT TAXES....the only thing not included in your costs is an \$30.25 per person airport tax that the Peruvian government charges you upon entering and/or leaving the country. This can change literally from month to month, but expect to pay about \$30. ***This MUST be paid for in cash.***

Your trip leader will have additional information about this tax and the customs form to be filled out in conjunction with the entrance and departure fees.

CASH You can use an ATM to pull out cash and some places (few that we will be) allow credit card. We recommend coming with some cash in case your ATM does not work, ***but the bills must be crisp and new*** or Peru will not accept them. ***Go to the bank and get crisp bills.... no tears. writing or heavy folds.***

Other, ***optional*** items to consider bringing:

***CAMERA** if you'd like to take pictures

***PROTEIN BARS/SNACKS**...if you want to carry a few things like Power Bars, Cliff Bars, Granola Bars, etc. to snack on during the day, that would be fine.

SPENDING MONEY we will try to offer you an opportunity for some shopping. \$30-50 should be plenty of money if you'd like to buy something to take home.

DONATIONS

At the end of your time in Peru, you will have an opportunity to donate or leave behind any clothes, work gloves, shoes, etc. that you choose to. This will be totally voluntary on your part and nothing is expected. These items will be given away to folks in need like local orphanages or volunteer leaders by the Peruvians. If you have things you'd like to bring along in addition to the packing list items, specifically for donation, feel free! Sports equipment is always greatly appreciated, bed linens, Spanish Bibles, toys for kids, toiletries like soap, shampoo, small toys and stickers, coloring books, etc.

If you have any questions about the above information, please consult your trip leader.

EMERGENCY CONTACT INFO:

If you'd like to provide friends or family members a number where they can reach ***you in the case of an emergency***, you can provide them with the following:

YL expeditions Peru number 559-797-8964 Carlos Alvarez is bilingual and will be, your main host (note this IS a USA number and will not incur international

charges, but please use it sparingly and bear in mind its not to call and tell Jimmy that his cat threw up...)

011-511-992-752386 Cell for Carlos Alvarez, Young Life

Expeditions Peru Host

carlitosjr22@hotmail.com Carlos' email

770-814-2750 Young Life Expeditions office in the USA

Note: you need to dial the phone number EXACTLY as shown above when calling Peru. Please have folks try these numbers in the order they are listed.

Please encourage anyone calling to do so only in the case of an emergency, if they must reach you. Folks shouldn't call just to report that the dog is having a good day, the stock market dropped a point, the price of gasoline has hit \$5, etc. If you want to call home to let parents know you've arrived safely, this is fine, but set up a calling "tree", having one parent receive the call and pass the message onto others. You can let family and friends know that you will be staying in the Lima area for the majority of your time. We encourage everyone to make being present 100% a priority and minimize calls if they need to be made... same with email. I understand that families may want to hear that everyone is safe and that is why we use a calling tree... Part of our philosophy and training in missions is that no news is good news and we need to leave behind our lives and concerns to serve well here.

Young Life is eternally grateful for your willingness to serve the Lord in this way.

Grace and peace be yours!

Young Life Expeditions

Email: YLExpeditons@intl.younglife.org