

## **Packing List for Siuna – Additions to Bridges General Packing List**

**Bring a carry-on bag with enough essentials for 2-3 days in case there are delays in retrieving baggage. This can happen – be prepared!**

**We recommend packing in a large camping/travel back-pack as you will be carrying your luggage to the community site. Pack no more than you can carry.**

**Critical: Passport** (valid for at least six months after departure)

### **Sleeping:**

- Small pillow and sheet – all trip participants are provided beds with a mattress, sleeping bags are not necessary.

### **Clothing:**

- 3 pairs of pants –
  - Quick dry or pants that dry quickly are preferable.
  - jeans
- 5-6 T-shirts
- 4 work shirts
- 1-2 shirts to change into at night after bathing
- 1-2 long sleeve shirts – button down shirts recommended for working the fields
- 1 sweatshirt, fleece or sweater – December can be cold at night
- 1 pair of shorts
- T-shirt and shorts for bathing
- Flip-flops or sandals – sturdy flip-flops or sandals are recommended as you will be walking to the river to bath
- Raingear
- Sneakers – BTC provides boots for working in Santa Rosa, work boots are not necessary (unless you have very large feet)
- Cotton socks/underwear
- Conservative swimsuit – In the community a swimsuit can be used for bathing in the river, but should only be worn under t-shirts and shorts. It is not culturally appropriate to be in a bathing suit.
- 1 long skirt
- Hat(s) with brim
- 1-2 bandanas
- 1 outfit for dancing (optional)
- 1 nice outfit for those working in World AIDS Day

### **Personal Effects:**

- Flashlight with extra batteries
- Camera with film
- Towel and washcloth
- Sunscreen/lotion
- Toiletries and small mirror

- Tampons and sanitary napkins (if needed)
- Biodegradable hair and body soap
- Insect repellent (w/25-35% DEET)
- Water bottle (write you name it)
- Pictures of you, your family, your town
- Swiss Army Knife
- Journal and pens
- Antibacterial handi-wipes
- Hand sanitizer
- 1 pair work gloves
- Ear plugs (optional)
- Extra pair of eyeglasses or contact lenses/case/solution
- Laundry Bag – for those who are interested, members of the local community will usually offer inexpensive laundry service.