

Bolivia Packing List

- Bible
- Personal journal
- Pen
- Passport
- Yellow Fever card
- Parental consent letter
- \$ for meals in airports (CAD, USD) and souvenirs (suggest 150 - 200 USD, \$20 bills or smaller, newer bills)
- Prescription meds (in original bottles) and small personal supply of pain reliever, Graval, etc.
- 2 in 1 shampoo/conditioner (can organize with another student to share)
- Body soap
- Deodorant
- Toothbrush/toothpaste
- Feminine hygiene products
- Hand sanitizer
- Insect repellent
- Sunscreen
- Towel
- Pillow & twin set of bed sheets (guys only)
- Sunglasses
- Hat
- 2-3 pairs of shoes (sandals, work shoes, runners, Sunday shoes)
- Work clothes, including socks – 2 changes
- Work gloves
- 5-6 t-shirts/thick-strapped tank tops (SCS dress-code, possible t-shirt cultural requirement)
- 1 sweater or light jacket (for cooler evenings)
- Rain jacket
- 4-5 pairs of shorts (Bermudas, 6" inseam), capris, or pants
- 1 pair of pants (possible cultural requirement)
- Sunday church outfit girls: blouse and skirt, pants, or capris (if skirt, not shorter than your knee)
 boys: button up shirt & pants
- Underwear
- Sleepwear – appropriate to walk around in
- Bathing suit – girls one-piece or shirt over top
- Day pack
- Camera/smart phone/earbuds. Install airline apps for in-flight entertainment systems (WestJet, AirCanada)
- Charger for any devices. Bolivia is 220 volts! Do not need adapter but may need voltage converter
- A few pictures of home – can be on your phone but be careful about displaying wealth
- Water bottle (better if it can be distinguished from others)
- OPTIONAL: Electrolyte powder for water
- OPTIONAL: Snacks – fruit-to-go, protein bars, granola bars

NOTES

- The team will always have a well-stocked first aid kit
- Any technology is brought at student's risk. Useful during travel but keep to minimum while in-country.
- Jewellery – minimal, if any