

**PACKING LIST -- GIRLS** You may bring one carry on bag that must fit under a seat or in an overhead compartment, not to exceed 22x14x9). The charge is \$25 for one checked bag not to exceed 50 lbs. or combined length, width and height of 62. *Due to Homeland Security, all liquids and creams that you carry on need to be put in one quart-sized zip lock bag. Bottles larger than 3 ounces are not permitted with carry on. This includes contact solution. When packing, think light, loose, and cool!*

Things to pack. Note some items are marked \*optional

- |  |  |                                   |
|--|--|-----------------------------------|
| <input type="checkbox"/> sun hat   | <input type="checkbox"/> bandanna                    | <input type="checkbox"/> hair tie |
| <input type="checkbox"/> sunglasses  | <input type="checkbox"/> a couple extra zip loc bags |                                   |
| <input type="checkbox"/> sturdy walking shoes  | <input type="checkbox"/> camera with extra batteries |                                   |
| <input type="checkbox"/> other pair of comfortable shoes/sandals   | <input type="checkbox"/> iPod (see RULES list)       |                                   |
| <input type="checkbox"/> 5 pairs of socks  | <input type="checkbox"/> Band-Aids                   |                                   |
| <input type="checkbox"/> 5 underwear   | <input type="checkbox"/> Pepto Bismal, Immodium      |                                   |
| <input type="checkbox"/> sleep wear  |  |                                   |
| <input type="checkbox"/> prescriptions (to be carried in the original bottle;  |  |                                   |
| <input type="checkbox"/> 2-3 pairs of long pants (lightweight pants are suggested)                                       |  |                                   |
| <input type="checkbox"/> 4 shirts (cotton t-shirts are not the best idea -- they do not dry quickly) Think <b>MODEST</b> |  |                                   |
| <input type="checkbox"/> at least 1 long sleeve shirt (good for layering/sun protection)                                 |  |                                   |
| <input type="checkbox"/> Rain jacket   |  |                                   |
| <input type="checkbox"/> day pack  | <input type="checkbox"/> insect repellent            |                                   |
| <input type="checkbox"/> money belt or passport bag  | <input type="checkbox"/> anti-itch cream             |                                   |
| <input type="checkbox"/> razor   |  |                                   |
| <input type="checkbox"/> sunscreen/lip balm (3 oz size)  |  |                                   |
| <input type="checkbox"/> toothbrush, paste and floss (3 oz)  |  |                                   |
| <input type="checkbox"/> travel size deodorant (3 oz)  |  |                                   |
| <input type="checkbox"/> travel size shampoo/conditioner (3 oz)  |  |                                   |
| <input type="checkbox"/> soap in sealable container  |  |                                   |
| <input type="checkbox"/> hand sanitizer (like Purell) (3 oz)   |  |                                   |
| <input type="checkbox"/> moist disposable towelettes   |  |                                   |
| <input type="checkbox"/> feminine hygiene products   |  |                                   |
| <input type="checkbox"/> comb/brush  |  |                                   |
| <input type="checkbox"/> journal (ziploc bag)  |  |                                   |
| <input type="checkbox"/> ink pen   |  |                                   |
| <input type="checkbox"/> pencil w/sharpener  |  |                                   |
| <input type="checkbox"/> Spanish/English dictionary  |  |                                   |
| <input type="checkbox"/> independent reading   |  |                                   |
| <input type="checkbox"/> flashlight/headlight  |  |                                   |
| <input type="checkbox"/> cash  |  |                                   |
| <input type="checkbox"/> water bottle  |  |                                   |
| <input type="checkbox"/> snacks  |  |                                   |
| <input type="checkbox"/> electrolytes, like like Emergen-C or electrolyte chews  |  |                                   |
| <input type="checkbox"/> facial tissue and/or toilet paper   |  |                                   |
| <input type="checkbox"/> alarm clock or watch  |  |                                   |

**PLEASE DON'T BRING**

- \*halter /tank tops No cleavage!
- \* shorts
- \*curling irons
- \*excessive make-up
- \*hair dryers/hairspray
- \*excessive jewelry
- \*computer or tablets

Oaxaca Streetchildren Dress Code: "Due to the nature of the work we do and the culture and background of many of the children we serve, Oaxaca Streetchildren Grassroots & *Centro de Esperanza Infantil* enforce a culturally appropriate dress code. Please remember that the children we work with come from a very different culture than most volunteers serving at the center have experienced. Your dress while volunteering at the center should always demonstrate the utmost respect for the children and families in the cultures we serve. **Concerning dress: Common sense should dictate your appearance. Any clothing or accessories that might be deemed provocative or inappropriate should be avoided.**"