

Tierras Altas Packing List

THINGS TO KEEP IN MIND WHILE PACKING!

It is important to pack accordingly and to avoid overpacking, because you are the one responsible for carrying your own luggage. Keep in mind the suggestions below:

- You will be doing service activities daily. You will do a lot of hands-on activities such as soil preparation, fruit and vegetable harvest, and beautification projects around the community. You will also go on excursions that may include hiking on dusty or muddy roads. Pack clothes that you don't mind getting dirty.
- You should try to bring clothes you already have from home and feel comfortable wearing! You do not need to purchase a whole new wardrobe.
- Keep in mind the climate of your project and the AMIGOS Professional Code of Conduct (below) and pack accordingly.
- You will have the opportunity to wash your clothes every 5-7 days.
- You should be packing in 1 large backpack (40-60 L) and one small backpack. Your large bag can also be a duffel bag but keep in mind you are responsible for carrying your own luggage and potentially walking into community through rocky or muddy roads, so a large backpack is recommended. We do not recommend rolling suitcases as they are difficult to roll on irregular roads and may get damaged. AMIGOS is not responsible for damaged luggage and project staff cannot help carry volunteer luggage.
- You are responsible for paying any and all fees associated with your checked bags.
- This document is meant to be a check list; we recommend you print it and use it to keep track of items as you pack.

AMIGOS PROFESSIONAL CODE OF CONDUCT

At AMIGOS, we do our best to be professional, culturally appropriate, and respectful. As such, we follow a professional code of conduct and dress code for volunteers and project staff.

PROFESSIONAL ATTIRE GUIDELINES

During your time as a staff member or as a volunteer, you are representing yourself, the values and mission of AMIGOS, our partner organizations, and your country. It is necessary to present yourself appropriately and professionally throughout your participation with AMIGOS. The way you present yourself is a crucial part of collaborating cross-culturally in local communities and with partner agencies, as such please follow the guidelines below that apply to all genders.

- Wear shirts that cover your entire abdomen (no crop tops/short shirts). Avoid strapless shirts or tank tops for program activities; wear t-shirts/shirts with short, mid-length, or long sleeves.
- Skirts/Dresses/Shorts must be to your knees.
- Wear a shirt at all times, including when doing physical labor or playing a sport.

- Wear swim suits with ample coverage of your top (in the case of female identifying volunteers) and bottom.
- Leggings can only be worn for exercise, sleeping, travel days, or physical labor.
- Pajamas may only be worn for sleeping.
- Close-toed shoes must be worn for physical labor and outdoor activities.
- Ripped jeans/pants are only appropriate for travel days and *only* when you will not be interacting with partner agencies, community members, or host families.
- No military pattern clothing.
- Do not pack clothing printed, embroidered, or patterned with derogatory language or images.
- For meetings with community members or partner agency representatives, wear long pants or skirt/dress per the length requirement and your AMIGOS t-shirt when possible.

Consider the versatility of your clothing choices as packing space is limited. You will not be allowed to wear clothing that does not meet the guidelines above.

PROJECT CLIMATE AND TEMPERATURE

Both the first project site (either Campamento Episcopal for sessions A and D or Cristo Sembrador Center for sessions B and C) have an average temperature of 90° Fahrenheit during the day. Nights can be around 80° F. Days can be very humid, reaching up to 99% humidity.

The communities are located at approximately 7217 feet above sea level. They have an average temperature of 66° Fahrenheit during the day, and it can lower to 60° Fahrenheit during the evening and nights. The average humidity is 80 percent.

Keep in mind that the rainy season in Central America starts in May and goes until October, so during your time in Panama you can expect heavy rains throughout the day.

WHAT SHOULD YOU BRING?

CLOTHING

Do you have it?	Item	Recommendations and descriptions
	10 pairs of underwear and socks	5 pairs of socks should be comfortable to wear with hiking boots. 4 pairs should be long and warm socks.
	3 bras, if desired	Sports bras are recommended.
	10 tops	1 nice shirt for school visits or meetings with community leaders. Wear shirts that cover your entire abdomen (no crop tops/short shirts).
	5 bottoms	At least 2 pairs of pants that you don't mind getting dirty. Pants should not have rips, holes or other "distressed" cosmetic additions. Shorts need to be knee length.

	2 pajamas	We recommend one lightweight set and one set for cooler temperatures.
	1 pair of close-toed athletic shoes	We will walk daily to get to daily activities.
	1 pair of waterproof hiking boots	For hiking and excursions.
	1 pair of flip flops	Shower/house shoes
	1 pair of sandals	Tevas, chacos, crocs, etc.
	1 rain jacket	Should fit over warm sweater or fleece jacket.
	1 sweater or warm fleece jacket.	Second project site is colder.
	1 hat	A hat with a brim, a baseball hat, bucket hat, etc.
	1 swimsuit	Long shorts or full piece swimsuit.
	1 turquoise or teal bandana	Wear it for travel day!

TOILETRIES

Do you have it?	Item	Do you have it?	Item
	1 toothbrush and toothpaste		1 bar of soap
	1 hairbrush		1 packet of floss
	1 deodorant		1 small bottle of shampoo and conditioner
	1-2 razors / blades		Tampons / pads / menstrual cup (as necessary)

MEDICINES

Do you have it?	Item	Do you have it?	Item
	2 BinaxNOW brand COVID test kits (each box should contain two tests)		5 disposable face masks
	Prescription medications and vitamins/supplements, if applicable		

MISCELLANEOUS

Do you have it?	Item	Recommendations and descriptions
	1 towel	Quick drying if possible.
	1 small dry bag or 2 plastic storage bags.	To keep your stuff dry!
	1 reusable water bottle	We recommend 1 liter capacity.
	1 LifeStraw water bottle of 1 liter capacity.	Protects against 99.999999% of bacteria (including E. coli, Salmonella), 99.999% of parasites (including Giardia and Cryptosporidium), 99.999% of microplastics, chlorine, organic chemical matter, dirt, and, and cloudiness; improves taste.

	1 pair of sturdy garden or work gloves	For service work
	Passport & two copies of the first page of your passport	We recommend storing these in a plastic bag or dry bag to keep them protected and in good condition.
	Original COVID vaccination card	In some places you might need to present it
	Sunscreen SPF 50 or greater	Preferably a reef-safe sunscreen . Some options are: Kokuka Sun Care Zin Sunscreen SPF 50 or C'Est Moi Sunshine Sunscreen SPF 50
	2 bottles of mosquito repellent with at least 30% DEET	We encourage to use a cream-based repellent. In case of skin sensitivity or an allergy to DEET can use any of the following: Picaridin IR3535 Oil of lemon eucalyptus Para-menthan-diol (PMGD) 2-undecanone
	1 mosquito net	Some options are: Circular full net – one hanging point Six point hanging net Rectangular hanging net
	1 pair of gloves	Second project site is colder.
	1 scarf	Second project site is colder.
	1 wool or fleece hat / beanie	Second project site is colder.
	A gift for your host family	Some options: A picture of you and your family Pictures of the place you are from Small regional snack from your home
	1 credit card	The bank should be notified that it will be used internationally prior to travel. The use of debit cards, apple pay or google pay is not common, do not bring those.
	\$50 - \$100	Make sure to bring small bills (\$1, \$5, \$10). If needed, your project staff will assist in changing your money to local currency.

OPTIONAL

Do you have it?	Item	Do you have it?	Item
	1 Wristwatch (non-WiFi-enabled) or an alarm clock		1 Small camera (non-WiFi-enabled)
	1 small umbrella		1 pair of sunglasses
	Journal & pens		Spanish – English dictionary
	Reading books, no more than two		Board games and cards

THINGS THAT YOU SHOULD AVOID PACKING

- Expensive jewelry or other luxury items.
- Wi-Fi enabled devices.
- Clothing with discriminatory messages or military patterns.