

# Paraguay Packing List

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## 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 be leading extracurricular activities (ECAs) for children and youth in your community and developing and executing a service initiative. While each of these activities may take place partially or completely indoors, you will likely spend 15-20+ minutes walking from your host family's house to these sites. Pack comfortable walking shoes and make sure to put on sunscreen. Some service activities may include construction, painting, or other hands-on activities, and you will likely support your host family with household chores or other activities. You will also go on excursions that may include hiking on dusty 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

The seasons in Paraguay are not well-defined, as warm temperatures are present for most of the year. Due to this, the country experiences a notably longer summer, contrasted with a shorter winter, although there can still be very cold days with frost. Precipitation is abundant throughout the year, as are storms, leading to sudden changes in weather, typically during transitional seasons (autumn and spring) and also during winter.

Winter (June to September) is considered mild, characterized by chilly temperatures from night to morning, and then mild in the afternoon. However, it is considered an irregular season, as all types of weather can occur, from very cold days to hot days. It is the season with the lowest average precipitation in the country.

This project will take place in the southwest of the Eastern Region of Paraguay. Between the months of June to August, daily maximum temperatures range between 73°F and 79°F, seldom dropping below 59°F or exceeding 93°F. Meanwhile, daily minimum temperatures hover around 57°F, rarely falling below 41°F or surpassing 73°F.

## WHAT SHOULD YOU BRING?

### CLOTHING

Do you have it?	Item	Recommendations and descriptions
	10 pairs of socks	Bring socks suitable for various activities such as hiking, playing pick-up soccer games, or participating in your service project
	10 pairs of underwear	Recommended quantity to take into account laundry availability and frequency.
	3 bras, if desired	Sports bras are recommended.
	10 tops	One nice shirt for midterm event and meetings with community leaders. Due to climate, consider bringing 6-7 short-sleeved tops and 3-4 long-sleeved tops.  Wear shirts that cover your entire abdomen (no crop tops/short shirts).
	4 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	Keep the temperature in mind when selecting pajamas
	1 pair of close-toed athletic shoes	You will do a lot of walking in community.
	1 pair of flip flops or sandals	Flip flops, which will be used for showering <b>only</b> . <i>or</i> Tevas, Crocs, rubber Birkenstocks, etc. These will be used for showering <b>and</b> for house shoes.
	1 rain jacket	While rainy season will likely be over by the time volunteers arrive, there could be some rain.
	2 sweatshirts or sweaters	There may be days with colder temperatures. Pack a warm sweater and a light sweater.

1 hats  
One hat with a brim (a baseball hat, bucket hat, etc.) to protect your face from the strong sunlight while walking around outdoors. .

	1 swimsuit	Long shorts or full piece swim suit. This will be used while showering at your host family’s house.
	1 turquoise or teal bandana	Wear it for travel day!

## TOILETRIES

Do you have it?	Item	Do you have it?	Item
	1 toothbrush and tube of 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)
	1 travel pack of baby wipes (example)		

## MEDICINES

Do you have it?	Item	Do you have it?	Item
	2 BinaxNOW brand COVID test kits (each box should contain two tests)		10disposable face masks
	Prescription medications and vitamins/supplements, if applicable		Basic first aid kit (refer to Family Preparation Guide for detailed list).
	Travel pack of cleaning wipes (ex. <a href="#">Clorox disinfecting wipes</a> )		Rehydration packets ( <a href="#">example</a> )

## MISCELLANEOUS

Do you have it?	Item	Recommendations and descriptions
	1 towel	Quick-dry towels are recommended
	1 small dry bag or 2 plastic storage bags	To keep your stuff dry! For example, your passport and other important documents.
	1 foldable bag for laundry	To store your dirty laundry and transport for washing. One example here.
	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	To be used for service activities.
	Passport and 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 your physical vaccination card. We also recommend storing this in a plastic or dry bag.
	1 bottle Sunscreen SPF 50 or greater	Volunteers should remember to apply sunscreen on any exposed skin multiple times throughout the day.
	2 bottles of mosquito repellant with at least 30% DEET	<p>We encourage to use a cream-based repellant.</p> <p>In case of skin sensitivity or an allergy to DEET can use any of the following:</p> <p>Picaridin  IR3535  Oil of lemon eucalyptus  Para-menthan-diol (PMGD)  2-undecanone</p>
	1 mosquito net and cord or rope to hang it	<p>Some options are:</p> <p><u>Circular full net</u></p> <p><u>Rectangular hanging net</u></p>
	1 cot bed	<p>You can talk to your local chapter about renting one.</p> <p><a href="#">Here is a cot previous volunteers bought</a></p>
	1 sleeping bag	Please make sure that your sleeping bag is rated for temperatures to 60°F, if not lower.
	1 headlamp, flashlight, or battery-powered lantern	This will be useful to have at night.

	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	This will be used to pay for checked luggage. The bank should be notified that it will be used internationally prior to travel.
	\$50-100 USD with bills in perfect condition	Bring bills in \$20s. They need to be in impeccable condition or they cannot be exchanged to the local currency. Volunteers can use this cash to purchase miscellaneous items and/or souvenirs for friends and family back home.

## 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
	Reading books, no more than two		Board games and cards (ex. Uno, regular cards)
	1 pair of waterproof hiking boots		1 notebook or journal with your preferred writing utensils
	Bracelet-making materials (ex. embroidery thread, beads) or other art supplies for crafting in-community with local children		1 notebook or journal with your preferred writing utensils
	Luggage locks		1 coloring book with markers or colored pencils
	Travel size Kleenex		

## THINGS THAT YOU SHOULD AVOID PACKING

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