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**WHAT IS AMIGOS?**

AMIGOS is a leader in international youth development, creating a world in which young people realize their full potential as leaders and global citizens. We provide extraordinary opportunities for youth to design and lead projects in collaboration with U.S. and Latin American peers and partner organizations across the Americas. Our strong partner network, built over 50 years, enables authentic engagements in communities across the region.

Since its start, AMIGOS has operated continuously in various countries in Latin America, including Mexico, Central and South America, and the Caribbean. Currently, AMIGOS works in seven countries in Latin America (Costa Rica, Panama, the Dominican Republic, Colombia, Ecuador, Paraguay, and Uruguay) and the U.S. running youth leadership programs. AMIGOS always works through partnerships with local organizations and with members of host communities in Latin America and the U.S., with projects led by young people.

**VISION**

A world where all people are lifelong leaders sharing responsibility for our global community.

**MISSION**

Amigos de las Américas inspires leaders through authentic service and immersion experiences.

**VALUES**

- **Safety First and Always:** We prioritize the health and safety of AMIGOS volunteers above all.
- **Youth Leadership:** We believe in the capacity of youth to become leaders for positive change.
- **Transformational Outcomes:** We strive to transform volunteers and communities in measurable ways.
- **Community-Led:** We create socially and environmentally conscious partnerships, through collaboration with communities throughout the Americas.
- **Diversity Throughout:** We promote diversity of volunteers and stakeholders and work to break down barriers.
- **Respect:** We maintain respect, transparency, and high standards in everything we do.

**DIVERSITY**

To realize the AMIGOS vision and mission, we believe in the power of every voice and the wisdom of diverse voices. AMIGOS embraces universal diversity, including:

- race
• nationality
• ethnicity
• socio-economic status
• religion
• age
• gender
• sexual orientation

AMIGOS seeks to include:
• different life experiences
• belief systems
• abilities
• opinions

throughout its work and aspires to eliminate barriers to inclusion and participation.

AMIGOS’ Board of Directors and Convention of Chapter Presidents adopted this as the organization’s official diversity statement in June 2012.

HISTORY

AMIGOS was founded on the principle that young people can change the world. In 1965, a 29-year-old pastor from Houston, Texas named Guy Bevil led a team of teenagers into rural Honduras to support in the fight against a growing polio epidemic. Serving communities in remote areas of the country, this group of 181 youth and 36 adults helped protect people from the crippling disease and established friendships that crossed borders. This service had a bold impact on the lives of these young people and, as a result, they returned more mature, culturally aware, and inspired to continue serving communities at home and abroad.

The AMIGOS model of developing critically engaged young leaders remains highly beneficial to youth today. AMIGOS programs have evolved to be more responsive to the changing priorities of host communities and inclusive of young people across the Americas. Today, our projects cover a broader array of activities in health and education and focus on building skills in youth of both the United States and Latin America. More than 30,000 alumni have carried on the passion and commitment that started over 50 years ago. Our successful history supports the belief that young people have the power to rise to any challenge and make a difference.
AMIGOS IN COLORADO

In 2021, AMIGOS is launching a brand-new high school program in Western Colorado. This program builds on decades of experience offering international programming and adds unique features to help us further engage with our home country. We could not be more excited to bring our passion for leadership and service into our first ever domestic US based program model. While this is our first program in Colorado, AMIGOS has worked to build strong ties with the new organizations and look forward to working with them for years to come. By combining learning from subject-area experts, hands-on service, problem solving, thoughtful recreation experiences, and rigorous COVID-19 safety measures, this program will continue to work towards our vision of a world where all people are lifelong leaders responsible for our global community.
HISTORY, CULTURE, GEOGRAPHY & CLIMATE OF COLORADO

OVERVIEW

Colorado is known for its diverse landscapes of high mountains, vibrant cities, vast plains, desert areas and more. Although it became a state in 1876, it has a rich history dating back far before the U.S. was established. For thousands of years, humans have roamed and explored its lands, including Native American tribes, Spaniards, pioneer explorers and many more. For this reason, Coloradans are passionate about preserving the states’ beautiful environment and ancient history so it can be enjoyed for generations to come.

HISTORY

Humans have occupied Colorado's diverse environments for about 13,000 years, leaving traces of their early presence in such places as Mesa Verde and Chimney Rock in the southwest, the Lindenmeier Folsom site in the north, the San Luis Valley in the south, and the Arkansas River valley in the southeast. Among the early Native American inhabitants were the Ancestral Puebloans in the southwest and the Nuche, or Utes, of the Rocky Mountains. Later indigenous groups include the Jicarilla Apache, Kiowa, Comanche, Arapaho, and Cheyenne of the Great Plains. Today, there is a strong Ute population and reservation in Southwestern Colorado.

In addition to Native American tribes, all or parts of Colorado have been under rule of the Spanish Empire, Mexico, the Republic of Texas, and the United States of America. Multiple Spanish expeditions explored the eastern and western parts of the state from 1540 to 1777, and expeditions led by Zebulon Pike, Stephen H. Long, John C. Frémont, and John Gunnison plied rivers, scaled peaks, and surveyed potential railroad routes on behalf of the United States. Hispano settlement officially began in 1851 with the founding of the town of San Luis, and large-scale Anglo-American settlement began in 1858 after the discovery of gold near present-day Denver. Colorado became a US territory in 1861.

CULTURE

Over time, Colorado’s diverse geography and populations have produced a rich cultural mosaic, reflected in everything from architecture to cuisine. The southern part of the state draws on Puebloan, Spanish, and Mexican influences, while the traditions of Anglo- and European American farmers and ranchers prevail on the eastern plains. The area along the Front Range of the Rockies has a long history of extensive cultural contact, assimilating elements of Native American, Anglo- and European American, African American, Asian American, and Mexican American cultures, just to name a few. In its major cities, Denver, Boulder, Colorado Springs, Fort Collins, and Pueblo, in addition to its rural areas, you can see this lively blend of cultures.
Statewide, Colorado culture is marked by a strong sense of appreciation for and stewardship of the natural environment, owing to the state’s vast amount of public land. The state is home to four national parks, eight national monuments, and eleven national forests, all of which include some of the nation’s most picturesque landscapes. Colorado culture has also been heavily influenced by ranching, farming, mining, skiing, hiking, biking, and hunting, as well as more recent industries such as oil and gas extraction and craft beer.

**FOOD**

Food in Colorado is influenced by its mix of cultures, diverse landscape, and the quirky people who live here now. Here are a few types of food you might come across and want to try while you are here.

- **Green chili:** Green chili is a stew that is traditionally made with a meat base and plenty of green chiles. Coloradans serve it on burgers, burritos, hot dogs, and pretty much anything you can think of. You will be hard pressed to find a place that doesn’t offer some variation of green chili.
- **Bison or Elk Burger:** Either of these burgers can be found on a Colorado menu. Since bison and elk are native to and abundant in Colorado, they are the unique and preferred burger meat for many local burger joints and their customers.
- **Rainbow Trout:** This fish can be found in rivers and lakes around Colorado as well as at different restaurants. It has a mild flavor and is usually cooked with olive oil, salt and pepper, garlic, and fresh lemons.
- **Palisade peach:** Palisade peaches are said to be the best, simply because they are ripe, sweet, and very juicy. These fresh tree-ripened organic peaches are grown by small family orchards in Palisade, CO and can be found all over Colorado in the summer/fall time.
- **Honey on pizza:** After finishing their pizza, you will see Coloradans put honey on their remaining pizza crust for a sweet treat. This idea originally came from a pizza restaurant called Beau Jo’s, but honey can be found on tables at pizza restaurants around the state.
GEOGRAPHY

Colorado’s natural landscape ranges from the flat grass-covered eastern plains—the High Plains of the Great Plains—through the rolling hilly Colorado Piedmont paralleling the Rocky Mountain front, to the high and numerous mountain ranges and plateaus in the western portion of the state that make up the southern Rocky Mountains and the Colorado Plateau. Colorado has an average elevation of 6,800 feet, the highest in the nation.

CLIMATE

Colorado generally features a dry, sunny climate. Most areas of the state see about 300 days of sunshine each year. The state’s high altitude and lack of humidity produce fairly large daily and seasonal temperature swings, resulting in cooler summer nights and warmer winter days. In many parts of the state, varied topography produces a multitude of microclimates, some subject to rapid shifts, blizzards, droughts, flash floods, and thunderstorms.

Sources

COLORADO-SPECIFIC LANGUAGE

Every country has its own set of idioms, mannerisms, and phrases. No need to worry though; your Spanish will serve you very well this summer and will allow you to communicate with different stakeholders.

Below is a list of regional vocabulary that you should learn.

<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>14er</td>
<td>A mountain with an elevation of 14,000 feet or higher</td>
</tr>
<tr>
<td>Breck, the Springs, Gunny, Foco etc.</td>
<td>These are all nicknames for different cities around Colorado. Breck (Breckenridge), the Springs (Colorado Springs), Gunny (Gunnison), Foco (Fort Collins). Almost every city or town has a shortened version of its name.</td>
</tr>
<tr>
<td>Pow</td>
<td>Powder, the glorious white fluffy snow that cold, dry nights often bring before a day of skiing or snowboarding.</td>
</tr>
<tr>
<td>the Front Range</td>
<td>Refers to the cities that make up the non-mountainous parts of Colorado</td>
</tr>
<tr>
<td>Blucifer</td>
<td>If you are flying into the Denver airport, you will likely see Blucifer, the blue horse statue that has bright red eyes. While the piece is actually named “Mustang”, it is colloquially called Blucifer because it fell on and killed the artist, Luis Jimenez, when he was working on it.</td>
</tr>
<tr>
<td>Cairn</td>
<td>A cairn is a rock stack that is used as markers on trails</td>
</tr>
</tbody>
</table>
PROGRAM GOALS AND PILLARS

All AMIGOS programs and project areas are different! They are uniquely designed to fit the needs of our volunteers, partner agencies, host communities and the regions we work in. However, all programs are designed to meet 3 goals and uphold 5 pillars:

Program Goals
1. Develop young people’s personal leadership capacities.
2. Strengthen young people’s commitment to community engagement and service.
3. Increase young people’s cross-cultural capacity and competence.

Program Pillars
1. Training and Curriculum
   Volunteers build their leadership and community development skills through hands-on training. All programs include leadership, community service, and cross-cultural humility training. Volunteers have a hands-on training throughout the experience.

2. Language and Cultural Immersion
   Volunteers are immersed in the project community by interacting with locals in the pod, collaborating with partner agency members, and participating in activities and excursions.

3. Community Service
   Volunteers learn about design-thinking and begin to think through the design of a service project that they will carry out upon arriving back home.

4. Mentorship
   Every volunteer is mentored by a staff team member and receives personalized feedback on their development as a leader throughout their experience.

5. Reflection and Continued Engagement
   Volunteers are guided through various reflection activities during their experience. Upon successful completion of a program, all alumni are encouraged to climb our leadership ladder to continue building their leadership skills as members of our project staff teams, our training teams or through other opportunities.
ROLE OF THE VOLUNTEER

As you prepare for the adventure that lies ahead, think about your role in AMIGOS as a member of a team and group of fellow peers. How do you hope to integrate into the group while also learning about your surroundings?

Keep in mind that sometimes it may be hard to find tangible benefits to your experience throughout the trip, because it won't be easy. However, your primary role as a volunteer on our programs is to LEARN about the local community, to SUPPORT the work of your partner agency though your volunteer service work, to FACILITATE group activities, to SHARE your passions and to serve as a CATALYST for change and multi-cultural understanding.

You are a:

- Community action promoter
- Representative of your home community
- Representative of AMIGOS
- Representative of your partner agency
- Guest in a different community
- Organizer, motivator, facilitator, role model, student, and friend
- Humble human being – you’re going to discover that there is much more to learn than we have to teach. Be open to learning all that you can, and let your local contacts share their experiences and wisdom with you!
Project-Specific Information

PROJECT THEME

We will spend three weeks exploring the roads less traveled in Colorado in order to understand the complex interplay of public, private, and nonprofit contribution to conservation in the Centennial State. Students will leave the program with a broadened understanding of what it means to be a conservationist in the west. We will dive deep into the ethics and practice of conservationism with all its complexities, such as organic farming, water systems, wildfire management, the past and current role of Native American tribes in conservation, and land use policies in urban and rural settings. And we will support local initiatives, learn from environmental activists, and place ourselves directly within these landscapes to gaze outwardly and inwardly.

WORK AREA DESCRIPTION

We will focus on a few unique regions of the state, which will be anchors for building our understanding of what conservation looks like in western Colorado.

San Luis Valley and Salida

The San Luis Valley is a spiritual, intriguing land offering a sense of peace amid epic 100-mile views and sand dunes circled by soaring peaks. The valley is peppered with the legacy of Native American tribes and Hispanic and European settlers and explorers, steeped in history and ripe with folklore. With more than 500,000 acres of public land, the Mystic San Luis Valley offers towering mountain ranges, flat prairies, icy mountain streams, geothermal wells feeding hot springs and spas, tranquil national parks, and large expanses of dark skies. Despite the dry climate, the Rio Grande and the valley’s underground water sources make it suitable for agriculture—currently the region’s primary industry.

Near the San Luis Valley is the town of Salida. The area where Salida is today was first inhabited by the Native American Ute tribe. After American settlers moving westward began using the lands, the Ute tribe were forced to relinquish their lands. From there, the town was named Salida, representing a gateway to the Arkansas River canyon. Today, this region is lovingly known as the “Heart of the Rockies” because of its location and diverse terrain with some of the tallest mountains in the state and semi-arid deserts, which provide endless opportunity for outdoor adventurers.

Gunnison

Gunnison could be described as a confluence of different areas in Colorado. It lies in a valley in between many of Colorado’s most spectacular mountain ranges and national forests. In any direction, there is remarkable scenery to experience. For example, just west of Gunnison lies the Black Canyon of the Gunnison, a deep, narrow
canyon with the Gunnison river flowing at the bottom. Additionally, Curecanti National Recreation Area has the largest lake in the state, Blue Mesa Reservoir, which is the perfect spot for boating, camping, fishing, and hiking. Gunnison is also home to Western Colorado University and attracts mountain bikers, hikers, rafters, and more to the area.

Durango

Durango lies just south of the San Juan National Forest and is characterized by its mountains, rocky canyons, and the Animas River that flows through the town. It was originally founded as a gold and silver mining town and was a primary location for transporting precious metals on the Denver and Rio Grande Railroad to other parts of the state. The railroad still runs today and takes passengers through the prettiest corners of the San Juan Mountains. Not far from Durango, there are dwellings and ruins of the Ancestral Puebloans that lived in the area, some dating back 10,000 years. The most well-known are those found at Mesa Verde National Park, Hovenweep National Monument, and Chimney Rock National Monument. Now, Durango is a popular destination in every season and continues to see rapid growth as its beauty, culture, and history attracts people from around the world.

Sources


PARTNER ORGANIZATIONS

Mountain Studies Institute

The Mountain Studies Institute (MSI) is an independent, 501 (c) 3 not-for-profit center of knowledge established in 2002 in Silverton, Colorado. A sustaining premise of MSI is that collaborations among researchers, educators, and policy makers with an interest in the San Juan Mountains and other mountain systems worldwide can provide increased knowledge and understanding of mountain environments and communities and the issues that affect them. MSI encourages the interdisciplinary study of the scientific, cultural, human, and historical aspects of the San Juan Mountain environment.
Coldharbour Institute

Coldharbour Institute is a learning laboratory where we demonstrate regenerative living practices that bring health to our bodies, land, and communities. It is their mission to educate and empower youth and community members to make an impact in sustainability and regenerative solutions for our community and beyond. They work with students, industry professionals, and community members of all ages to envision a thriving community that is restored, revitalized, and ultimately regenerated through our interactions with the land. Their vision is for the institute and the ranch to be a true innovation center for regenerative solutions, where research done by students and the community informs best practices, where we incubate new ideas and appropriate technologies, and where we can truly showcase what it means to be regenerative and at the forefront of solutions for a thriving community.

Mountain Roots Food Project

The mission of Mountain Roots Food Project is to cultivate a resilient food system in the Gunnison Valley by enhancing healthy connections between food, earth, and community. They foster knowledge, teach skills, and provide opportunities that ensure access to affordable, nutritious food that is regionally based and sustainably produced. They have a two-acre educational working farm at the Coldharbour Institute ranch that acts as a model of high-altitude sustainable agriculture. The farm significantly increases local food resources, catalyzes economic growth, and incubates small scale local agriculture.

Greater Arkansas River Nature Association (GARNA)

GARNA is a 501(c)(3) nonprofit environmental organization based in Salida, Colorado. Through community collaboration, GARNA inspires a conservation ethic by providing educational opportunities and experiences so that those who live, work, and play in the Upper Arkansas Valley are motivated to take care of the natural resources and leave a legacy of responsible use of the natural environment.

Colorado Fourteeners Initiative

Colorado Fourteeners Initiative protects and preserves the natural integrity of Colorado’s 54 14,000-foot peaks—the “Fourteeners”—through active stewardship and public education. Colorado’s Fourteeners contain rare and fragile native alpine tundra ecosystems that are uniquely adapted to living on these high peaks. These tundra plants—some of which exist nowhere else on earth—are ill-adapted to being trampled by the estimated 288,000 hiker-use days that occur on these peaks every year. CFI partners with the US Forest Service and through this
unique, voluntary partnership, Colorado’s 14er ecosystems are protected from harm while continuing to make the peaks accessible to hikers without burdensome restrictions and fees.

## GENERAL PROJECT CALENDAR

### Session A:

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Arrive to the airport in Denver. Drive to briefing location, Balarat Outdoor Education</td>
</tr>
<tr>
<td>Day 2-3</td>
<td>Spend the day at Balarat exploring property, dive into briefing and team building activities.</td>
</tr>
<tr>
<td>Day 4-9</td>
<td>Drive to first location and lodging at Simple Lodge Hostel. Explore Salida, visit the Great Sand Dunes, organic farm, and conservation learning laboratory to learn about food and water systems</td>
</tr>
<tr>
<td>Day 10-11</td>
<td>Do a multi-day rafting trip to experience the outdoors and learn about water conservation</td>
</tr>
<tr>
<td>Day 12-17</td>
<td>Travel to second location and lodging Snow Wolf Lodge. Day hike to learn about forest health as it relates to wildfire, meet with local company and local government officials, visit Mesa Verde National Park.</td>
</tr>
<tr>
<td>Day 18-20</td>
<td>Drive to Denver, Debriefing, Reflection, and group activities. Opportunity to explore the capital</td>
</tr>
<tr>
<td>Day 21</td>
<td>Fly out of Denver!</td>
</tr>
</tbody>
</table>

### Session B:

<table>
<thead>
<tr>
<th>Date</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Arrive to the airport in Denver. Drive to briefing location, Stone Canyon Outdoor Edventures</td>
</tr>
<tr>
<td>Day 2-4</td>
<td>Spend the day at Stone Canyon exploring property, dive into briefing and team building activities.</td>
</tr>
<tr>
<td>Day 5-10</td>
<td>Drive to first location and lodging at Joyful Journey Hot Springs. Visit the Great Sand Dunes, organic farm, and conservation learning laboratory to learn about food and water systems</td>
</tr>
<tr>
<td>Day</td>
<td>Activity</td>
</tr>
<tr>
<td>-------</td>
<td>---------------------------------------------------------------------------</td>
</tr>
<tr>
<td>11-13</td>
<td>Do a multi-day rafting trip to experience the outdoors and learn about water conservation</td>
</tr>
<tr>
<td>14-19</td>
<td>Travel to second location and lodging Elk Point Lodge, Vallecito Reservoir. Day hike to learn about forest health as it relates to wildfire, meet with local company and local government officials, visit Mesa Verde National Park.</td>
</tr>
<tr>
<td>20</td>
<td>Drive to Denver, Debriefing, Reflection, and group activities.</td>
</tr>
<tr>
<td>21</td>
<td>Fly out of Denver!</td>
</tr>
</tbody>
</table>

**POSSIBLE EXCURSIONS**

**Mesa Verde National Park**

Located in Southwestern Colorado, Mesa Verde National Park offers an unparalleled opportunity to see and experience a unique cultural and physical landscape. Including more than 4,000 known archeological sites dating back to A.D. 550, this national treasure protects the cliff dwellings and mesa top sites of pit houses, pueblos, masonry towers, and farming structures of the Ancestral Pueblo peoples who lived here for more than 700 years. This national park gives us a glimpse into the places and stories of America’s diverse cultural heritage.

**Great Sand Dunes National Park**

Nestled in southern Colorado, this park features North America’s tallest dunes, rising over 750 feet high against the rugged Sangre de Cristo Mountains. The wind-shaped dunes glow beneath the rugged backdrop of the mountains. This geologic wonderland, containing over 30 square miles of massive dunes, became a national monument in 1932. With the passage of the Great Sand Dunes National Park and Preserve Act, resources now also include alpine lakes and tundra, six peaks over 13,000 feet in elevation, ancient spruce and pine forests, large stands of aspen and cottonwood, grasslands, and wetlands—all habitat for diverse wildlife and plant species. We will get to hike the dunes and try out our sandboarding skills.

**Rafting Trip**

Spend a couple days outside rafting down and camping along the river to see Colorado in a whole new way. Throughout the trip, we will learn about outdoor recreation as well as water systems and conservation.
HEALTH AND SAFETY TOPICS

Altitude Sickness

This project is set at a high altitude, which for many of our volunteers, is higher than what they are normally used to. For many volunteers, there will be a process of adjustment, or acclimatization. Acclimatization is the physiological process by which the body adjusts to living at high altitude. This process occurs within days of arriving at altitude; however, during the first days of the acclimatization process, there is the chance that you might have symptoms of high-altitude sickness.

Symptoms

- Headache: worse at night and in the morning (can be throbbing) — onset typically 2-12 hours after arrival
- Loss of appetite
- Nausea (possible vomiting)
- Feeling of weakness or laziness
- Inability to sleep well at night
- Dizziness
- Confusion, inability to walk straight, severe shortness of breath when resting, coughing, and feeling faint are signs of severe altitude sickness (take to doctor and contact On-Call immediately if these signs appear)

Treatment

AMIGOS has carefully considered the issue of high-altitude acclimatization and has consulted with several of the world’s leading experts in altitude medicine. To minimize these symptoms, it is very important that you pay careful attention to staying well-hydrated and rested and to avoid significant physical exertion for the first few days. The initial days of briefing are planned to take this issue into careful consideration. If altitude sickness is suspected, do the following:

- Limit activity – get lots of rest
- Drink plenty of water
- Take acetaminophen (Tylenol), ibuprofen (Advil), or naproxen (Aleve) for headache
- Eat more carbohydrates (bread, pasta, grains, etc.)

In addition, AMIGOS recommends that volunteers and Project Staff take the medication Acetazolamide to assist in acclimatization. The dose is 125 mg, twice daily, and should be taken during the day of travel to the project, and the first 3 days of project briefing (a total of 4 days). PLEASE NOTE THAT VOLUNTEERS ALLERGIC TO SULFA MEDICATIONS SHOULD NOT TAKE ACETAZOLAMIDE.

Acetazolamide is the accepted treatment to mitigate acclimatization and is used commonly throughout the world in this situation. Any medication can have side effects, and acetazolamide is no different. The most common side effects are:
• A tingling of the hands and feet.
• An increase in urination. This makes it even more important to stay hydrated.
• Cola drinks will taste differently.

In the event that your altitude sickness worsens and/or does not respond to the above forementioned treatment strategies, you will be taken to a local clinic for an evaluation. Please note that while altitude sickness can happen, the majority of our volunteers do extremely well and have no major symptoms.

PACKING LIST

You should bring clothes you already have from home and are comfortable wearing! You do not need to purchase a whole new wardrobe. Bags can get lost on their way. Please remember to pack any essentials, including a change of clothes, toiletries, and prescription medications, in your carry-on luggage to tide you over should that happen.

Please be sure to read to entire packing list and all the extra tips. Your trip will be in mountainous regions which means it will be warm during the day but could be quite cold at night. Note: The sun in Colorado is very strong. Always wear sunscreen even if it is cloudy outside. Pay special attention to the suggested quantities. If you have questions while you are packing, please do not hesitate to email us: amigosprogramas@amigosinternational.org

Clothing
☐ 2 pairs of jeans
☐ 2 pairs of work pants that you don’t mind getting dirty (good for hikes and for excursions)
☐ 1 pairs of shorts
☐ 1 pair of sweats or yoga pants for exercise or for hanging around lodging
☐ 5 comfortable t-shirts for working outside and/or exercising
☐ 1 nice shirt (polo, blouse, button-up, or t-shirts)
☐ 1 skirt or dress (if desired)
☐ AMIGOS polo
☐ 1 warm fleece jacket
☐ 7 pairs of underwear & socks
☐ 2 bras (if desired)
☐ 1 set of warm & conservative sleepwear
☐ 1 set of light weight sleep wear
☐ 1 pair of comfortable closed-toed shoes/tennis shoes
☐ 1 pair of hiking boots
☐ 1 pair of flip flops
☐ 1 pair of rubber sandals (e.g. Tevas, Chacos, Crocs, etc.)
☐ 1 swimsuit
All Volunteers Should Bring
- 1 waterproof rain jacket (should fit over warm fleece jacket)
- 1 bottle of sunscreen (SPF 30 or greater)
- 1 hat with a brim (a baseball hat is fine)
- 1 reusable water bottles (1 liter—two 1-liter water bottles if not bringing a LifeStraw)
- 1 pair of garden/work gloves
- 1 bottle of mosquito repellant
- A day bag/small backpack for carrying stuff on short trips
- Thermometer and basic first aid kit
- 2 washable face masks
- Prescription medications (if applicable)
- Toiletries: soap, toothbrush, toothpaste, floss, shampoo, conditioner, razor, deodorant, hairbrush.
- 1 washcloth and 1 towel (quick drying is recommended)
- Health, Safety, and Travel Guidelines
- Project Information Packet (this packet)
- Money & ATM card
- Passport/Driver's License/other form of identification for travel
- COVID negative test results
- Plane tickets, if applicable, and confirmation codes for e-tickets

Recommended Items
- Small, inexpensive camera and extra batteries or charger
- Journal & pens
- Sunglasses

Optional Items
- Reading books (limit 2 - you can trade books with others)
- Board games & cards
- Multi-vitamins