

SAMPLE INTERNATIONAL PACK LIST

Packing for Deployment

Luggage should be sturdy and easy to carry. We suggest our volunteers use a comfortable backpack. You should try and get by with one check-in bag and one carry-on. Do not pack more than you can carry by yourself and keep one set of clothes and all professional equipment in your carry-on.

The following is a check-list that covers the basics and should be modified to meet individual needs. It is not all inclusive. Keep in mind that you should be able to pack this in one carry-on and one check-in bag, both of which should be easily carried by you alone. Remember, you will for sure be asked to carry additional team equipment as well.

The climate will be warm, humid, and rainy (85 degrees).

Personal items: pack the following:

- Toiletries- (e.g., toothbrush, toothpaste, soap, deodorant, gold bond, etc.)
- Baby wipes and a roll of toilet paper
- Packable towel for showering – we are staying at a house and assume nothing is provided (camp towels are best and pack small)
- Sleeping materials (sleeping bag, sleeping pad, pillow). We will be staying in a house but likely sleeping on the floor.
- Personal prescriptions (e.g., medications, etc.)
- Over-the-counter medications (for head, stomach, or muscle aches, diarrhea, etc.)
- Eyeglasses and/or contact lenses
- Sunglasses, hat
- Protective lotions (sunscreen, lip balm, bug repellent, eye drop – ROWW will also supply).
- Clothing appropriate for CLIMATE and WORK SETTING
- Comfortable, appropriate shoes for CLIMATE and WORK SETTING.
- Ziplock/garbage bags for dirty clothes
- Clothing to change into after work days
- Snack or food items in the event food access is limited or closed (power bars, instant soup, Mountain House meals, etc)
- Pocket/Utility knife (if you want, put in checked baggage)
- Water bottle
- Cell phone and charger, headlight/flashlight

Work items: pack the following:

- Work boots
- Rain jacket and wet weather gear (ROWW will have some ponchos available)

ROWW will provide:

- 4 ROWW t-shirts (3 short sleeve, 1 long sleeve) – a lot of you have this. Let us know your size and what you need.
- MREs, water filtration devices
- PPE – latex gloves, medical equipment, surgical masks, hand sanitizer