

ICEP URUGUAY PACKING LIST

Becket-Chimney Corners YMCA

The weather in Uruguay will be cold and damp during the winter season. It is more effective to appropriately layer clothing than to bring a lot of bulky clothes. Warm socks and base layers are especially important. Bring clothing that can get extremely dirty, as service projects often involve working with paint or cement. The Uruguayan dress code is relaxed, so what you are comfortable wearing in colder weather at home will work well on the trip. Please only bring what is on the packing list.

ESSENTIAL ITEMS

- ☐ **PASSPORT** – Good for at least 6 months past your return to the US. Sign the photo page and keep a photocopy at home.
- ☐ **LUGGAGE** – Your preference of a backpack, rolling suitcase or duffel with wheels. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself.
- ☐ **DAYPACK** – Like a school backpack, it should be comfortable for hiking and be able to hold extra supplies.
- ☐ **SLEEPING BAG with STUFF SACK** – Rated to 20-degrees. You will sleep in this every night. Must fit inside your luggage.
- ☐ **PILLOW** – We recommend a compressible travel pillow.
- ☐ **WATER BOTTLES (1-2)** – Nalgene style (32 oz) is preferred.
- ☐ **WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1)** – campers who didn't pack this regretted it!

CLOTHING AND FOOTWEAR

- ☐ **PANTS (5-6 pairs)** – 2 pairs for work/paint use, 2 daily use, 1 dress pant (see "dress outfit"). One pair must dry quickly: non-cotton/non-denim.
- ☐ **SHORTS/LEGGINGS/SWEATPANTS (4 pairs)**
- ☐ **T-SHIRTS (5-6)** – For bottom layer, work clothes, and playing sports.
- ☐ **LONG SLEEVED SHIRTS (5-6)** – T-shirt or other lightweight material like polypropylene.
- ☐ **SWEATERS or SWEATSHIRTS (3-4)** – More layers! It's winter in the Southern Hemisphere. Fleece, wool, or hoodies are nice.
- ☐ **FLEECE JACKET (1)** – You will want this!
- ☐ **HEAVY-WEIGHT JACKET or DOWN JACKET (1)** – You really need warm layers! If it's waterproof, it can also be your rain jacket.
- ☐ **UNDERWEAR (15 pairs)**
- ☐ **HATS (2)** – One warm winter hat, 1 sun or baseball style hat.
- ☐ **GLOVES (2 pairs)** – One warm pair and one set of work gloves.
- ☐ **BRAS (5)**
- ☐ **SOCKS (15 pairs)** – 5 pairs should be synthetic hiking or wool socks; the warmer, the better!
- ☐ **PAJAMAS (3-4 pairs)** – Need to be warm!
- ☐ **BATHING SUIT (1)** – Camp-appropriate swimsuit: swim trunks, one-piece, or athletic-style bikini.
- ☐ **LONG UNDERWEAR (TOP & BOTTOM)** – Polypropylene or synthetic style.
- ☐ **WORK OUTFITS (2)** – For painting, etc., that covers shoulders, torso, and upper legs.
- ☐ **DRESS OUTFIT (1)** – Comfortable yet presentable for homestay orientation and special events.
- ☐ **STURDY SHOES (2 pairs)** – 1 pair tough sneakers, lightweight trail shoes, or hiking boots, and one pair of comfortable shoes for everyday use and doing sports at the Y. Shoes are likely to get wet, dirty, and potentially covered in paint, cement, and other debris.
- ☐ **FLIP FLOPS (1 pair)** – For showering.
- ☐ **SLIPPERS/WARM FOOTWEAR (1)**
- ☐ **ACTIVE WEAR (1-2 sets)** – For playing sports at the Y.

MISCELLANEOUS

- ☐ **TOILETTRIES** -Enough for the whole trip.
- ☐ **STRONG SUN BLOCK** - SPF 30 or higher.
- ☐ **PADS/TAMPONS** - Female participants should bring them, even if you think you will not need them.
- ☐ **TOWEL or PACK TOWEL**
- ☐ **MONEY BELT or FANNY PACK** - Bring something you can carry money/passport in that is close to your body (not a purse or backpack). You will be responsible for your passport during the program.
- ☐ **CAMERA/MEMORY CARD/CHARGER**
- ☐ **WATCH** - It is really important to be on time.
- ☐ **FLASHLIGHT or HEADLAMP** - Compact with extra batteries. This will be your nightlight.
- ☐ **EXTRA SMALL BAG** - To keep at camp with anything you decide not to bring
- ☐ **SPARE EYEGLASSES** - For contact wearers.
- ☐ **PHOTOS FROM HOME** - To break the ice with your host family. Photos of your familys, pets, friends, hometown, etc.
- ☐ **GIFT FOR HOST FAMILY** - Be creative; Think of something special from where you live. For example: a calendar, clothing from local sports teams, games, crafts, picture books, or kitchen items.
- ☐ **ANTI-BACTERIAL HAND GEL**

OPTIONAL

- ☐ **PHRASEBOOK or DICTIONARY**
- ☐ **BOOKS, MUSIC, GAMES** - For long waits and plane rides. You can bring music or reading devices like iPods or Kindles, but you are responsible for them. Charging may not always be available, outlets will be different.
- ☐ **SMALL, INEXPENSIVE GIFTS** - to exchange with host peers, homestay families, staff at the Y. For example: keychains or postcards from your hometown.
- ☐ **MUSICAL INSTRUMENT**
- ☐ **RECIPES** -For cooking with your group or homestay family.
- ☐ **JOURNAL/LETTER WRITING MATERIALS**
- ☐ **SCARF** - For cold, rainy days.
- ☐ **OUTLET ADAPTOR** - Find them at Best Buy or other electronics stores. Uruguay has Type C, I, & L outlets.
- ☐ **LUGGAGE LOCK**
- ☐ **SUNGLASSES**
- ☐ **TRAVEL HAIR DRYER** - if you have long hair
- ☐ **EARPLUGS for sleeping**
- ☐ **NAIL BRUSH**
- ☐ **SOUVENIR MONEY** - You will not need any additional money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring about \$150 in crisp, new US Dollars (easier to exchange), and the remainder on a Visa debit/credit card, not a gift card. Know your pin number and let the card company know you will be using it abroad.
- ☐ **WATERPROOF PANTS** - Also advisable, when it rains, it pours.

*All medications must remain in their original packaging. If you use prescription medication, please ensure you bring enough supplies to last through the entire program, plus a little extra. All medications, prescription and over-the-counter, will be turned in to the infirmary while at camp.

PACKING LIST GUIDE

Items on the packing list can be borrowed from family, friends, found in thrift stores, or purchased from most outdoor gear retailers such as REI, Eddie Bauer, LL Bean, etc. Good deals on items can sometimes be found online at sites such as [Steep and Cheap](#), [Backcountry](#), and [Sierra Trading Post](#).

[Sleeping Bag](#)

[Stuff Sack](#)

[Travel Pillow](#)

[Waterproof Rain Jacket](#)

[Work Gloves](#)

[Long Underwear Top & Bottom](#)

[Pack Towel](#)

[Money Belt](#)