

ICEP CHILE PACKING LIST

Becket-Chimney Corners YMCA

The weather in Chile 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 Chilean 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. Bags should weigh under 50 pounds.
- ___ **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 (4-5 prs.)** – 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 (2 prs.)**
- ___ **T-SHIRTS (3-4)** – For bottom layer, work clothes and playing sports.
- ___ **LONG SLEEVED SHIRTS (4-5)** – T-shirt or other lightweight material like polypropylene.
- ___ **SWEATERS or SWEATSHIRTS (2-3)** – 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 (10prs.)**
- ___ **HATS (2)** – One warm winter hat, 1 sun or baseball style hat.
- ___ **GLOVES (2prs.)** – One warm pair and one set of work gloves.

- ___ **BRAS (3-4)**
- ___ **SOCKS (10rs.)** – 5 pairs should be synthetic hiking or wool socks; the warmer, the better.
- ___ **PAJAMAS (1-2prs.)** – Need to be warm!

- ___ **BATHING SUIT (1)** – Camp appropriate swimsuit: Swim trunks for boys, one-piece or athletic style bikini for girls.
- ___ **LONG UNDERWEAR (TOP & BOTTOM)**—
Polypropylene /
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.
Suggestions: For boys - a button down shirt and khakis, for girls - a long skirt and shirt, or nice pants and top.
- ___ **STURDY SHOES (2 prs.)** – 1 pair tough sneakers or lightweight trail shoes and 1 pair comfortable shoes for everyday use
- ___ **FLIP FLOPS (1pr.)** – For showering.
- ___ **SLIPPERS/WARM FOOTWEAR (1pr.)**

MISCELLANEOUS

- ___ **TOILETRIES** – Enough for the whole trip.
- ___ **STRONG SUN BLOCK** – SPF 30 or higher.
- ___ **PADS/TAMPONS** – Female campers 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 on the program.
- ___ **CAMERA/Memory Card/Charger**
- ___ **WATCH**— It is really important to be on time.
- ___ **TRAVEL ALARM CLOCK** – You may be responsible for waking up the group during the trip.
- ___ **FLASHLIGHT or HEADLAMP** – Compact with extra batteries. This will be your nightlight.
- ___ **EXTRA BAG** — to keep at camp with anything you decide not to bring.
- ___ **SPARE EYEGASSES** – For contact wearers.

___ **PHOTOS FROM HOME** – To break the ice with your host family.

Photos of your family, 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 without wi-fi access but you are responsible for them.

Charging may not always be available, outlets will be different.

___ **SMALL, INEXPENSIVE GIFTS** – to exchange with homestay family

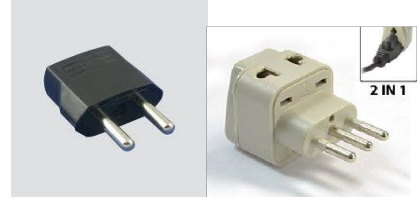
___ **MUSICAL INSTRUMENT**

___ **RECIPES** – For cooking with homestay or group

___ **JOURNAL/ LETTER WRITING MATERIALS**

___ **SCARF** – For cold, rainy days.

___ **OUTLET ADAPTOR** – Find them at BestBuy or other electronic stores. Chile has Type C and Type L outlets.



___ **LUGGAGE LOCK**

___ **SUNGLASSES**

___ **TRAVEL HAIR DRYER** – If you have long hair

___ **EARPLUGS for sleeping**

___ **NAIL BRUSH**

___ **SET UP SKYPE/ZOOM ACCOUNT**– Participants can use Skype/Zoom accounts to call home

___ **SOUVENIR MONEY** – You will not need any money to fully participate, but most ICEPers bring around \$300 to spend on souvenirs and extra snacks. Bring \$60 in crisp, new US dollars and the rest on a VISA or Mastercard debit card not a visa gift card. Know your pin number and let the company know you are using the card abroad.

***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 meds will be turned in to the infirmary while at camp .**

WHAT NOT TO BRING

- o **Computers or tablets**
 - o **Expensive/large jewelry or watches, valuable personal items, any sort of “bling”, or anything you would be sad to lose or get really dirty**
 - o **Pocket knives or weapons of any kind**
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PACKING LIST GUIDE

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

See below for links to items we frequently receive questions about:

[Sleeping Bag](#)

[Work Gloves](#)

[Money Belt](#)

[Stuff Sack](#)

[Long Underwear Top & Bottom- Men's](#)

[Travel Pillow](#)

[Long Underwear Top and Bottom- Women's](#)

[Waterproof Rain Jacket](#)

[Pack Towel](#)