

ICEP URUGUAY PACKING LIST

Becket-Chimney Corners YMCA

The weather in Uruguay is 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 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. 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.
- WATERPROOF RAIN JACKET or SHELL WITH A HOOD (1)** — *so important!*
- WATER BOTTLES (1-2)** – Nalgene style (32 oz) is preferred.

CLOTHING AND FOOTWEAR

- PANTS (3-4 prs.)** – 2 pairs for work/paint use (see “work outfits”), 2 daily use.
- SHORTS/LEGGINGS/SWEATPANTS (1pr.)** – Only the long/athletic type for playing sports and games at the Y.
- T-SHIRTS (3-4)** – Only for bottom layer and work clothes.
- ACTIVE WEAR (1 set)** – Pair of clothes for playing sports at the Y.
- LONG SLEEVED SHIRTS (4-5)** – T-shirt or other lightweight material like polypropylene.
- FLEECE JACKET (1)** – You will want this!
- SWEATERS or DOWN VEST/COAT (2-3)** – More layers! It’s winter in the southern hemisphere. Fleece, wool, down, or hoodies are nice.
- 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.)**
- BRAS (3-4)**

- 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
- SOCKS (10prs.)** – 2 pairs should be synthetic hiking or wool socks.
- LONG UNDERWEAR (TOP & BOTTOM)**– Polypropylene / Synthetic style (also a must!).
- HATS (2)** – One warm winter hat, 1 sun or baseball style hat.
- GLOVES (2prs.)** – One warm pair and one set of work gloves.
- WORK OUTFITS (2)** –Warm tops and bottom layers. These outfits will get dirty!
- DRESS OUTFIT (1)** – Comfortable yet presentable for homestay orientations or special events. *Suggestions:* For boys – a button down shirt and khakis, for girls – nice pants and top (it is too cold for dresses/skirts).
- FLIP FLOPS (1pr.)** – for showering
- STURDY SHOES (1-2prs.)** – 1 pair sneakers and 1 pair comfortable shoes for everyday use. It is nice to have sneakers for playing sports at the gym in the Y. Note: 1 pair will likely get covered in paint.

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.
- SPARE EYEGLASSES** – For contact wearers.

- ___ **PHOTOS FROM HOME** – To break the ice with your host families. Photos of your family, pets, friends, hometown, etc.
- ___ **GIFTS FOR HOST FAMILIES (2)** – Be creative; think of something special from where you live. For example: calendars, clothing from local sports teams, games, crafts, picture books or kitchen items.
- ___ **ANTI-BACTERIAL HAND GEL**
- ___ **EXTRA BAG** – to keep at camp with anything you decide not to bring
- ___ **FIRST AID KIT*** – Keep it small and fill it with items you commonly need or use. Leaders will also carry a kit.

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 host peers
- ___ **MUSICAL INSTRUMENT**
- ___ **RECIPES** – For cooking with homestays or group
- ___ **JOURNAL/ LETTER WRITING MATERIALS**
- ___ **SCARF**– For cold, rainy days. ___
- SUNGLASSES**

- ___ **EARPLUGS FOR SLEEPING**
- ___ **SLIPPERS** – nice to have at night and in the mornings.

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



- ___ **WATERPROOF PANTS** – Also advisable; when it rains, it pours.
- ___ **SET UP SKYPE/ZOOM ACCOUNT**– While not guaranteed, participants may have occasional access to Skype/Zoom 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 US dollars and the rest on a VISA card. **Mastercard is not accepted in ATMs in Uruguay, nor are Visa gift cards.** 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

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

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](#)

[Stuff Sack](#)

[Travel Pillow](#)

[Waterproof Rain Jacket](#)

[Work Gloves](#)

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

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

[Pack Towel](#)

[Money Belt](#)