



INTERN PACKING LIST

Your trip is around the corner and I am sure you are wondering what to pack! Before we get to the specifics, let me just give you a word about South American culture. People in South America are more conservative than in North America. To be effective in ministry, we want to respect our South American brothers and sisters while in their country by striving to imitate their dress customs. Here are a few specific dress customs we want to make you aware of:

+ If you are placed in Quito, it is not socially acceptable to wear shorts in public. Do pack one or two pairs of shorts for the Amazing Race, but plan on wearing pants for the duration of your time in Quito.

+If you are placed in Huaticocha, you will not be wearing shorts because there are a lot of insects. Plan on packing light-weight work pants for the duration of your time in Huaticocha. You also need to wear closed-toed shoes the entire trip.

+If you are placed in Manta/ Portoviejo, it is socially acceptable to wear shorts! It is hot and humid on the coast, so plan on wearing shorts most days. Ladies, we ask your shorts pass the “fingertip test.”

WHAT'S THE WEATHER GOING TO BE LIKE?

Unless you are placed on the coast of Ecuador, it is going to feel like fall weather in South America. It will likely be in the 70's/ 80's during the day and 40's/ 50's during the night. So we suggest that you plan to dress in layers, like you would in the fall. Plan on wearing jeans most days.

A WORD TO THE LADIES:

We always get these questions, so I'm just going to give you a few more guidelines as you pack for your trip. Unless you are on the coast of Ecuador where the dress code is radically different, please don't pack tank tops for the trip. Short-sleeves are totally acceptable! And for the 1-2 pairs of shorts we ask you to bring for the Amazing Race, they must pass the fingertip test. You know the one from middle school. Put your hands down to your side and the shorts must be longer than your fingertips. There won't be a test or anything, but we ask you to respect that guideline even with your lounging gym shorts for around the house. Also: don't forget to pack feminine products for that time of the month. You can buy them there, but it won't be the same as what you buy at home.

A WORD TO THE GENTLEMEN:

You thought you were exempt, didn't you? Well, gentlemen, we love you but sometimes you think you are exempt from some of the rules. Like the rule that if you are in Quito or Huaticocha we ask for interns not to wear shorts. You are not exempt, my friend. Please plan on wearing pants all-day, every-day if you are in Huaticocha or Quito. And like the ladies, your shorts must also pass the fingertip test.

TO THOSE ON THE AMAZING RACE:

We are super pumped for the Amazing Race and hope you are too! Keep in mind for traveling...

+ If you are placed in Ecuador, you will only be traveling with a carry on bag during the Amazing Race! You will leave the rest of your stuff in Quito before you are permanently placed in Ecuador for the summer. This means you need to bring a small bag that you can travel with for about 10 days!

GENERAL PACKING LIST:

**Note: Towels, sheets, blankets and pillows will all be provided!*

CLOTHES:

- Construction clothes
 - o Think lightweight work pants/ old jeans and t-shirts
 - o Work shorts are also acceptable unless you are in Quito or Huaticocha
- Regular clothes
 - o Again, think layers! If you're on the coast: shorts/ t-shirts/ sandals.
- Loungewear
 - o Sweatpants, sweatshirts, gym shorts for around the house
 - o Pack a pair of slippers/ house shoes (especially if you are in Quito!)
- Construction shoes, clean tennis shoes, sandals
- Shower shoes
- Church clothes
 - o **No flip-flops or shorts to church!**
 - o Gentlemen: khaki pants, collared shirt, dress shoes
 - o Ladies: dress pants with nice shirt, skirt, dress, closed toed shoes (bring some flats!)
- Bathing suit/swimming trunks
 - o Ladies: one-piece suit or tankini that covers your belly
- Hat/bandanas
- Sunglasses
- Extra undies and socks!

TOILETRIES:

- Shampoo, conditioner, body wash, face wash, etc.
- Contacts/glasses
- Hair dryers, curling irons, straighteners, etc
- Bug repellent and anti itch cream
- Sunscreen
- Any medications needed (pack in your carry on!)
- Motion sickness medication (if necessary)
- Imodium and Tums
- Tylenol, Advil, or Aspirin
- Lip balm

OTHER:

- Bible, Journal, Books
- Passport
 - o Please make a copy of your passport and store in a dry place
- Spending money
 - o Clean, new cash (no marks, not folded much)—we recommend smaller bills
 - o We recommend you bring about \$200 for an emergency fund and \$10/person if you want to buy gifts.
 - o We do not recommend you using a credit card overseas. You may want to bring one or two in case of emergency, but be sure to let your bank know you are going out of the country.
- Laptop
- Camera and extra batteries/battery charger
- iPod/ iPhone to listen to music
 - o Note: your phone will not work in South America. Your wireless might at times, so you may be able to Facetime that way. You should plan on talking to your family/ friends via Skype while you are in South America.
- Reusable water bottle
- Flashlight
- Backpack or fanny pack to carry daily
- Alarm clock/ watch (that's not your phone)
- Playing cards/travel games
- Ear plugs
- Snacks from home!
 - o Trust me, you'll want some comfort food. What will you miss while overseas? Peanut butter? Nutella? Candy? These are all expensive overseas. We recommend you bring some granola bars and trail mix to have for snacks. Also, bring some of your favorite snacks to share with the missionaries! They miss American candy too. And Chick-fil-a sauce. Patrick (who leads the Amazing Race) misses Dr. Pepper, Mountain Dew and Root Beer. Hint hint.
- Power converters/ adapters?
 - o **Peru interns** will need a power adapter from 110v to 220v. You may also find it handy to have a converter from 3 prongs to 2 prongs, since 3 pronged outlets are less common.
 - o Ecuador interns, you will be using the same outlets as North America.