

Personal Equipment Checklist

***We have found it useful to classify luggage into 3 levels. Levels one items are most critical if you want to return to the USA and be safe in Mexico. Level two items are suggestions for staying in Mexico without too much discomfort. Level three items are nice to have, but if you will be probably be fine without them. Please pack your luggage accordingly.**

Level 1- Personal Items

- Flight Itinerary
- Immunization Record (Suggested)
- Participant Information Packet (emailed to you from FFHE prior to expedition)
- Forms – Adult Release, Minor Release, Temporary Guardianship
- Passport
- Travel Insurance
- \$75-\$100 (spending money-*exchange from \$ to pesos prior to expedition)

Level 2- Carry On Luggage

*Many participants pack all that they need for trips in their carry on luggage, and use their check-on luggage for any liquids and personal or group donated items.

- 8 days worth of clothing
- 4 days worth of work clothes (You may be able to use some work clothes more than once)
- Leisure summer clothing for evening classes and tourist outings
- Dress, white shirt, tie and pants for those who choose to participate in religious services
- Pajamas and shower shoes
- Swim attire and sandals
- Light jacket
- Shoes (2-3 pair, work, leisure, and dress)
- Hat and sunglasses
- Bandana and Work gloves
- Toiletries – including bath towel
- Sunscreen
- Empty water bottle
- back pack or fanny pack
- Bug spray
- Personal Medications
- Flashlight
- Ear plugs
- Small personal fan
- Hand sanitizer/ Wet wipes
- Spanish/English Dictionary

Level 3- Checked Luggage

- Personal Reading material
- Personal medical kit (ie. lip balm, analgesics, Imodium, prescriptions)
- Pillow and Sheet or light blanket (optional)
- Extra clothes
- Card Games
- Donations
- Clothes
- Blankets
- Specific donations for expedition (contact FFHE for specific needs)

NOTE:

Clothing needs to be modest and simple

- Long sleeved light weight clothing is recommended.
- Do not bring new or expensive clothes.
- No laundry facilities are available
- You will want something (a back pack or fanny pack work well) to carry with you each day that holds water and a few items.