



ICEP CHILE PACKING LIST

Becket-Chimney Corners YMCA

The natural tendency is to pack too much. Don't forget, YOU CARRY WHAT YOU PACK! It is helpful to bring an extra bag to camp for pre-trip and post-trip clothing. There will be a small storage space at camp for the extra bag and items you wish to leave behind. **Remember that it is winter in Chile.** It is more effective to appropriately layer clothing than to bring a lot of bulky clothes.

Very Important Items

- **Backpack, Rolling Suitcase or Duffel with wheels** – This is your preference. You must be able to carry all of your belongings through the airport and load them in and out of vehicles yourself. You will need extra space in your bag for the souvenirs you buy in Chile.
- **Daypack** – Like a school backpack, it should be comfortable for hiking and be able to carry a water bottle, rain jacket and lunch. You can carry this on the plane but do not pack your toiletries in it.
- **Sleeping Bag** – Rated to 20 degrees WITH stuff sack. You will sleep in this every night. Must fit inside your backpack or suitcase.
- **Water Bottles (1-2)** – Nalgene style (32 oz) is preferred.

Clothing

- **Pants (3-4 prs.)** – 1 pair for work/paint use, 2 daily use, 1 dress pant (see “dress outfit”). Make sure one pair is able to dry quickly: non-cotton/non-denim.
- **Shorts (1pr.)** – Only the be long/athletic type, for sports.
- **T-shirts (3-4)** – Only for bottom layer and work clothes.
- 1 dress top/shirt for homestay orientation/special events (see “dress outfit”)
- **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 (1)** – You really need warm layers! If it's waterproof, it can also be your rain jacket.
- **Underwear (8prs.)**
- **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.)** – 2 prs. should be synthetic hiking or wool socks.
- **Pajamas (1-2prs.)** – Need to be warm!
- **Bathing suit (1)**

- **Long Underwear** – Polypropylene / Synthetic style, top and bottom.
- **Waterproof Rain jacket or Shell with a Hood (1)** – *campers who didn't pack this regretted it!*
- **Waterproof Pants** – Also advisable, when it rains, it pours.
- **Work Outfit (1)** – 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 skirt and shirt, or nice pants and top.

Footwear

- **Sturdy Shoes (2 prs.)** – Tough sneakers, lightweight trail shoes or hiking boots.
- **Flip Flops (1pr.)** – for showering.

Miscellaneous

- **Toiletries** – Bring enough for the whole trip.
- **Strong Sun Block** – SPF 15 or higher.
- **Pads/Tampons** – Female campers should bring them even if you think you will not need them.
- **Travel Towel and Washcloth** – bring a towel that will dry quickly.
- **Money Belt or Fanny Pack** – bring something you can carry money/passport in that is close to your body (not a purse or backpack).
- **Camera with extra batteries** – Film or digital is fine. Either way, charging spaces may be limited and wall outlets will be different.
- **Memory (at least 1 GB) or Film (8-10 rolls)**
- **Watch!!** – It is really important to be on time.
- **Travel Alarm Clock** – You may be responsible for waking up the group during the trip. If your watch has an alarm, know how to use it.
- **Flashlight or Headlamp** – Compact with extra batteries. This will be your nightlight.
- **Large Plastic Trashbag (2)** – For dirty laundry and to keep things dry.
- **Ziplock Bags** – Both small and large for packing and to protect your things.
- **Bandanas (1-2)** – Good for everything.
- **Spare Eyeglasses** – Especially for contact wearers.
- **Insect Repellent** – With Deet.
- **Personal Journal & Letter writing materials**
- **Gift for your Homestay Family** – Be creative; think of something special from where you live. For example: a calendar, small board games, puzzles, crafts, soccer/footballs, picture books or kitchen items.
- **First Aid Kit** – Keep it small and fill it with items you may commonly need or use.
- **Phrasebook or dictionary** – Lonely Planet recommended.
- **Family Photos** – To show your homestay family about your family.
- **Anti-bacterial Hand Gel**

Optional

- **Books, Games or Cards** - for long waits and plane rides. You can bring an iPod but you are responsible for it. Charging may not always be available, outlets will be different.
- **Outlet Adaptor** – For anything that plugs in. You can find them at Radioshack or other electronic stores.

- **CD's of American music or small inexpensive gifts** – to exchange with host peers
- **Phone Card** – We will also help participants purchase them after arrival. If you bring one with you it may or may not work in the host country.
- **Musical Instrument**
- **Songbooks and Sheet Music** – especially with guitar notations.
- **Favorite Recipe to make**
- **Scarf** – For cold rainy days.
- **Stuff Sacks** – For keeping clothing organized.
- **Small Locks** – For luggage.
- **Sunglasses**
- **Inflatable or Compressible Travel Pillow**
- **Earplugs for Sleeping** – There are loud disco clubs nearby.
- **Slippers** – nice to have at night and in the mornings.

What Not to Bring

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