

# INTRODUCTION

*The packing list provided serves as general guidelines of things to bring or not to bring on a brigade. Please be sure to contact your airline to confirm baggage allowances prior to travel.*

## General Packing Tips

- **Dress for durability.** When on community visits, your clothes may get wet, muddy, sweaty and dirty; so don't bring your favorite jeans. Bring plastic ziplock bags to keep your personal belongings (e.g. camera, wallet) dry.
- **Keep electronics and expensive items at a minimum.** Leave hair dryers, most major electronic, and expensive jewelry at home.
- **Pack light.** A large backpack or duffle bag should fit everything you'll need to bring. Remember to leave some room in your bag to bring presents home! Also, we recommend not checking any personal baggage in case it is misplaced by the airline. If the airline loses baggage, Global Brigades is not liable for the contents.
- **Bring your meds (if applicable).** Keep your personal medications in their original prescription bottles and always in your carry-on luggage. We recommend only bringing the amount of medication necessary for the length of the trip. Be sure to follow security guidelines if the medicines are liquids.
- **Be prepared.** Always carry a copy of your passport and other important documents on yourself.

## Dress Code

Every volunteer is representing Global Brigades while in communities and should dress professionally while still being comfortable. Volunteers should also dress in a manner that respects the culture and values of the communities we partner with, and pack accordingly.

We ask that volunteers dress conservatively while in communities (i.e. NO leggings or other excessively form-fitting or revealing clothing). Each country and community may have different dress codes, so please adhere to the guidance of your coordinator and other GB staff. While at the lodging facility, volunteers are permitted to wear shorts/leggings, flip flops, tank tops, etc.



# GENERAL PACKING LIST

## DOCUMENTS

- **Passport, Visas, Green Cards, etc.\***
  - \*please verify entry/exit requirements prior to travel
- [Under-21 Consent Letter](#) (if applicable)
- **Photocopy of passport; must be valid for 6 months after your departure.**
- Copy of Immunization records \*\* Yellow Fever Vaccination Card - If Applicable\*\*

## CLOTHING & FOOTWEAR

- Work clothing (i.e. it can get dirty and is conservative)
  - Closed-toe shoes or boots
  - Long pants, t-shirts
  - **No shorts, leggings or tank tops in the community**
  - **No scrub tops in the community**
- Comfortable clothing for the lodging facility
  - Shorts and tank tops are okay
  - Swimsuit, shower shoes
- Hat, sunglasses
- Light jacket, rain jacket or sweatshirt to layer

## PERSONAL ITEMS

- Water bottle
- Prescription medications
- Insect repellent and sunscreen
- Toiletries
- Hand sanitizer/wet wipes
- Small daypack to bring on brigades
- Ziploc bags/plastic bags to keep things dry
- Snacks
- Camera, notebook and pen
- Alarm clock (or cell phone on airplane mode)
- Flashlight
- Spending money for souvenirs (small bills preferred, USD are accepted).
- \$3 donation for your Public Health Program family donation.
- Cards, soccer ball, book, or other downtime activities

# COUNTRY SPECIFIC CONSIDERATIONS

## PANAMA

- Passport photocopies are mandatory for entry into Panama
- Non- healthcare professional volunteers are **NOT** allowed to wear scrub tops. You may wear scrub pants and a shirt or T-shirt

## HONDURAS

- Honduras requires an [Under 21 Travel Consent Form](#) completed by a guardian 21 or older to be presented at customs (Does not apply to volunteers 21 and older).
- If you have EVER travelled to a country with Yellow Fever (ex: Panama) for more than 12 hours, you must bring the yellow vaccination card you received upon being vaccinated for Yellow Fever.
- Non- healthcare professional volunteers are **NOT** allowed to wear scrub tops. You may wear scrub pants and a shirt or T-shirt.

## GHANA

- **Ghana requires that you receive a Yellow Fever or Stamaril vaccine and an International Certificate of Vaccination or Prophylaxis (ICVP) at least 14 days before travel.**
- **You must apply for a visa in order to enter Ghana**
- **Electric outlet adapter**
- **Non- healthcare professional volunteers are NOT allowed to wear scrub tops. You may wear scrub pants and a shirt or T-shirt.**

## GUATEMALA

- Guatemala requires an [Under 21 Travel Consent Form](#) completed by a guardian 21 or older to be presented at customs (Does not apply to volunteers 21 and older).
- If you have EVER travelled to a country with Yellow Fever (ex: Panama) for more than 12 hours, you must bring the yellow vaccination card you received upon being vaccinated for Yellow Fever
- Temperatures can get very low, dress for warmth!
- Be prepared for high altitude levels
- Non- healthcare professional volunteers are **NOT** allowed to wear scrub tops. You may wear scrub pants and a shirt or T-shirt.

## GREECE

- Electric outlet adapter
- Hepatitis B vaccination is recommended when volunteering in Long Term Accommodation Centers (Camps)
- Non- healthcare professional volunteers are **NOT** allowed to wear scrub tops. You may wear scrub pants and a shirt or T-shirt.

# BRIGADE SPECIFIC CONSIDERATIONS

## MEDICAL/DENTAL

- **We recommend bringing hygiene pack supplies in checked luggage and bringing personal items in carry ons**
- **Pack liquid hygiene pack supplies (shampoo, soap, toothpaste, etc.) in plastic bags in case of spills**
- **Bring laptops for data informatics**

## PUBLIC HEALTH

- You will likely be working with sand, cement, and other building materials- bring work gloves and clothes/shoes that you won't mind getting dirty
- \$3 donation for your Public Health Program family donation.

## WATER

- You will likely be working in dirt, digging, and shovelling- bring work gloves and clothes/shoes that you won't mind getting dirty.

## ENGINEERING

- You will likely be working with sand, cement, and other building materials- bring work gloves and clothes/shoes that you won't mind getting dirty

## BUSINESS

- Bring pens, pencils, and paper for taking notes
- Bring laptops for creation of Business Plans and Community Banks' Recommendations documents.

## LEGAL EMPOWERMENT

- Bring pens, pencils, and paper for taking notes