

**PROPAPA MISSIONS AMERICA  
BRIGADE VOLUNTEER MANUAL  
Standard Brigade Packing List**

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**RECOMMENDED ITEMS**

- Passport; guard it with your life.
  - Airline Ticket; your responsibility unless Team makes other arrangements.
  - Credit Card; one will do, leave the rest at home.
  - Cash; U.S. currency, \$200 should be enough
  - Neck pouch; airline tickets, passport and money should be carried with you in a small neck pouch, fanny pack, or money belt.
  - Medicines; bring a supply of your personal medications.
  - Pack; a small day pack to carry on plane, take to work site, or on day hikes.
  - Toiletries; unscented deodorants, etc. are best. Bring feminine hygiene products; such products may not be readily available in the field.
  - Toilet paper; two rolls, ½ inch left on both. Carry small one to work site.
  - Towel; for bath. If you bring an old one it can be left behind for poor.
  - Wash cloth.
  - Soap; bar, unscented, in a holder or a small container liquid soap.
  - Handi-wipes; large container left at base camp, small w/ you on work site.
  - Sun block; a must.
  - Chapstick
  - Ear plugs; a must, animals and roosters are very loud at night.
  - Water filter; we will need three per Team. Let your team leader know if you have one.
  - Canteen, water bottle, or purchase bottled water in-country & re-use.
  - Insect repellent; a must. No aerosol cans. Must contain DEET.
  - Flashlight; recommend LED beam/area light combo. Bring extra batteries.
  - Plastic eating utensils.
  - Sleeping pad; self inflating nice, air mattresses must be puncture resistant.
  - Sleeping sheets or fleece sleeping sock. Sleeping bag only if headed to mountains.
  - Pillow case; can be stuffed with clothes to make pillow
  - Mosquito netting; not necessary unless you're bent on sleeping outside.
  - Mesh laundry bag; with name on it useful for laundry day.
  - Scrubs; 2-3 pairs for MED Team
  - Pants; one pair enough, save space-bring pants that zip into shorts.
  - Shorts; one pair shorts, traditional cut, no short shorts.
  - Shirt/Blouse; one short sleeve, one long sleeve
  - Sweatshirt or sweater if you're headed for the mountains.
  - T-shirts; two w/o any provocative graphics.
  - Underwear; 5 day supply should be enough. Headed to mtns.-1pr. long johns.
  - Socks; cool cotton best, 5 should do.
  - Hat; wide brim preferable, ball cap OK. Going to the mountains? Add stocking cap.
- PPMA PACKING LIST CONT'D....

- Rain gear; light poncho or light jacket is enough.
- Walking boots/tennis shoes; not new ones, they must be broken in. Heavier work shoes recommended for Construction Team.
- Flip-flops or Water Shoes; to wear in outdoor shower or stream walking.
- Sun glasses; a necessity, inexpensive preferred.
- Safety glasses; a necessity for M.E.D. & Construction Teams
- Nice Outfit; to wear during R&R &/or the despedida.

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### OPTIONAL ITEMS

- Bathing suit; useful for day off
- Journal; A written log and photos can last a lifetime
- Pens; Bring a bag. They seem to disappear.
- Tissues; travel packets
- Headband or handkerchief
- Spanish Dictionary; or hand held electronic translator
- Book; for pleasure
- Detergent; small plastic tube or bottle of general purpose liquid soap.
- Spectacles; extra pair of glasses
- Watch; el cheapo, impact & water resistant is best
- Zip Lock Bags; to keep personal items dust free
- Candles; Citronella can provide light and insect deterrent.
- Pocket knife; luxury, but allowed
- Work gloves, 2 pr., heavy, if on a Construction Team
- Camera; disposable cameras are best, but if expensive camera is brought it must be secured well, & protected from dust. Place in carry-on luggage. Extra film.
- Snacks; a small stash of granola bars, nuts, hard candy, Gatorade or Crystal Light powders
- Give aways; very touchy subject, discuss w/ Team Leader
- Purell (or similar brand) of antiseptic drops
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### HINTS

- You must fit all of your personal items into a suitcase or duffel that weighs no more than 50 lbs. The suitcase should be used, but rugged. Its linear measurements under 62 inches (HxWxL). Trunks are not recommended, as most airlines consider them baggage & leave them behind when overloaded.
- You should place in your carry on 1 set scrubs, 1 day of undies, personal meds., & minimal toiletries. It's linear measurement max is 45" & 40 lbs.

PPMA PACKING LIST CONT'D...

- An additional satchel or day pack is allowed-if it's small.
- Finally, a fanny pack, neck pouch, or ankle safe is recommended to keep on your person for your passport.
- All articles should be marked with your name with permanent marker.
- Laundry service is usually provided in the field.
- Remember weight matters; we move around a lot, the more you pack, the more must be lugged around.
- If headed to the mountains add set of long johns, sweater & a jacket.
- Gloves; 2 pair, heavy work mandatory for construction Team.
- Your Team Leader may ask you to bring specialty items; i.e. a doctors & nurses should bring a stethoscope.
- Add such items to this packing list so you don't forget them.
- Bringing old cloths is recommended incase something is lost or if you should choose to leave clothing behind for distribution to the poor.

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**MY NOTES:**