

Hurricane Relief Puerto Rican Communities, Puerto Rico

Coastal Communities
Puerto Rico Hurricane Relief
4/13/2019-4/19/2019

Packing List

PUERTO RICO PACKING LIST

Personal Items

Note: To limit excess luggage, we ask all Puerto Rico team members to limit their luggage to 1 medium sized backpack (30L pack approx.) or suitcase and a small personal item such as a small daypack.

Work clothes. Your work clothes will be subject to paint, sweat, mud, etc. Please wear clothes that can be ruined. *It is important to remain sensitive to others by dressing in a conservative manner; shirts must have a minimum of cap sleeves - No tank tops and short shorts, no running shorts, no leggings. Please plan to wear Bermuda-length shorts or capris. Long pants may be required at some worksites, so do not bring only shorts. Thank you for honoring and respecting this.*

Sunday clothes. If your trip dates include a Sunday, bring 1 outfit for church. You are free to come to church in casual attire. Jeans and a collared shirt are fine.

Clothes to wear after work and on day-off

1 pair of heavy duty work gloves

1 pair of sturdy work shoes, boots or tennis shoes

Hat for the worksite
Safety glasses
Underwear
Work socks
Lightweight pajamas
Bathing suit (no 2 piece bathing suits)
Flip flops for showering
Towel and washcloth (and a beach towel if you have space)
Twin sized sheets and a blanket for your bed. Compactible travel sheets or sleeping bags work well. They can be purchased online at Amazon or REI.
Pillow
Toiletries (Shampoo, soap, toothbrush etc.)
Insect repellent
Advil, tylenol or other personal medications. (Please inform your team leader of any prescription medications you will be bringing.)
Sunscreen (SPF 15 and above recommended)
Lip balm with sunscreen (SPF 15 and above recommended)
Water bottle for worksite
Anti-bacterial gel or wipes for cleaning hands
Headlamp
Day pack to carry personal items to the worksite etc.

Optional

Camera (Please be sensitive when taking pictures of local families and homes. Ask permission first.)
Athletic equipment for playing with kids in the community (soccer balls, frisbees jump ropes, hacky sacks, bubbles etc.)
Spending money

Prevention of the Zika Virus:

In accordance with the CDC recommendations, we strongly recommend that teams take appropriate precautions to prevent mosquito bites. [CDC - Mosquito Bite Prevention for Travelers](#)

Please bring insect repellent containing DEET or other recommended active ingredients.