

# Peru (GroundSwell) Packing List

## THINGS TO KNOW

Before you begin planning what to pack for the course, it is important to note that you will need to **dress conservatively**. It is better to be deliberately conservative in your appearance than to risk offending our hosts or anyone in the communities we visit.

Everyone has their preferred style of packing for travel, so please use this list as a helpful guide and be mindful of your own needs.

**It is very important that you try to fit all of your belongings into one backpack/duffle and a daypack that you are comfortable carrying on your own.** Your backpack/duffle cannot exceed 50 lbs.

**A note on climate:** Desert climate with occasional cloudy skies, warm days, and breezy evenings. Being close to the equator, the sun is intense, so surf hats and sunscreen are a must!

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## DOCUMENTS & ESSENTIALS

- Passport** Your passport needs to be valid for six months after the day of arrival and have at least two blank pages. Also, bring a copy of your passport.
- Covid Vaccination Card** Original and a copy
- Health Insurance Card** Copy of front and back
- Prescription Medications** Carry medications in their original containers, clearly labeled, and make sure you have enough for the entire trip. Bring medications in your carry-on, so you will still have access to them if your luggage is delayed or lost. Consult with a travel doctor for recommendations and a prescription. Ask the physician about the possibility of obtaining prescription drugs commonly used by travelers such as Cipro and Z-packs

## GEAR

- Luggage w/Wheels or Duffel Bag w/Shoulder Strap** Bring all your clothes in just one luggage/duffle, with a few essentials in a daypack.
- Day Pack** Small, light, nylon bag with shoulder straps. This is what you'll take with you as a carry-on and on excursions. It should be big enough to hold a water bottle, headlamp or flashlight, some food, a raincoat, and a book or journal.

## FOOTWEAR

- Sneakers** For walking around town and in the city
- Sport Sandals** Waterproof sandals (i.e., Tevas or Chaco-style)
- Flip Flops**- These are nice to have for shower shoes

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## CLOTHING

- Sweater or Fleece Pullover** Nights can get cool
- Thin, light waterproof/windproof jacket**
- Hat(s)** Vital for sun protection.
- Socks** Thin synthetic socks can dry more quickly.
- Underwear** Cotton is fine, but synthetic quick-drying underwear is best.
- Bras/Sports Bras**
- T-Shirts** 6-8: Please be conservative when selecting
- Long Sleeve Shirt** 2-3
- Long Pants** 2 pairs. 1 of these can be a comfortable pair of leggings.
- Shorts** 4-5 pairs. Please be conservative when selecting
- Swimsuit** Please be conservative when selecting a suit to bring.
- Pajamas** Bring something comfortable but culturally appropriate to sleep in.
- Synthetic Camping Towel** Synthetic camping towels dry much faster.
- Warm Hat** Nice for warming up after being in the ocean

## SURF SPECIFIC ITEMS

- Surf Hat**
- Face Sunscreen (SPF 50+)** A Zinc based sunscreen that won't wash off is best
- 3/2mm wetsuit (Optional)** These can be rented if you don't have your own. If you want to buy a wetsuit and donate it at the end of the program, that would also be appreciated.
- Surf Booties (Optional)** These can be rented if you don't have your own. If you want to buy booties and donate them at the end of the program, that would also be appreciated.

## PERSONAL ITEMS

- Masks** Small pack of disposable masks
- Water bottles** 2- Each should hold one liter.
- Sunglasses** -Very important for the intense sun
- Toiletries** Bring a supply of everything you need for grooming and taking care of yourself (hairbrush, toothbrush, toothpaste, personal hygiene, etc.
- Sunscreen** - SPF 30+ (water/sweat proof)
- Kleenex** A few packets.
- Glasses/Contacts** Bring enough contact solution for the entire program
- Alarm Clock/Watch** Small travel clock or a watch with an alarm.
- Lip Balm** SPF 15 or higher.

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## OPTIONAL

- Water Filter** We will purchase bottled water but having your own filter will cut down on waste.
- Card/Travel Games**
- Good Books**
- Hand Sanitizing Gel/Wet wipes**
- Ziplock Bags** Having a few small and large sizes can be handy to keep things dry.
- Spanish-English Dictionary** Useful to assist in communication.
- Duct Tape** Wrap some around your water bottle and pull it off as you need it.
- Energy Bars** Recommended for picky eaters or those accustomed to especially high-calorie diets. These will not be used to replace meals, however.
- Emergen-C** Water-soluble vitamin and electrolyte packets that dissolve into water. These are great for combating dehydration.
- Over the Counter Medications** SStS field staff carry an extensive medical kit. Most students bring a supply of whatever they use at home along with some cough drops, Pepto-Bismol tablets, and whatever they need for motion sickness, headaches, or menstrual cramps.
- Dramamine** Bring some Dramamine if you tend to get motion sickness.
- Camera** We may not always have access to electricity, so you may want to pack an extra battery. For people using digital cameras, bring a few memory cards.

## SPENDING MONEY

Although the course costs are covered in your tuition, we recommend each student bring cash or a debit card to cover spending money and miscellaneous expenses (baggage fees, souvenirs, gifts, and snacks.) Please do not bring more than \$150 in cash. Most places are CASH ONLY. New \$20 bills are best for exchanging for the local currency. Note: We have found that prepaid debit cards do not work internationally. In addition, many small shops don't accept debit/credit cards.

## DONATIONS

If you would like to bring donations, the following items have been requested:

- Womens 3.2 and 4mm wetsuits
- Girls and women spring suits
- Fins, leashes, and wax
- Boogie boards
- Surf booties
- Yoga mats
- Art supplies (paints, markers, crochet needles, good scissors or garden shears)