

Puerto Rico 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 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. You will need to travel with your bag in the van so please pack light!

DOCUMENTS & ESSENTIALS

- Passport/Official ID** United States citizens and permanent residents don't need a passport to travel to Puerto Rico. However, the Real ID Act will be in effect as of May 2023, so verify if your state is compliant with these laws because otherwise, you may need a passport to travel.
- Covid Vaccination Card** (Not required but please bring it if you have it)
- 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

- Lightweight Sleeping Bag*** It is around 65-70 degrees at night. *Camp Tabonuco also has sleeping bags available for rent.
- 1 Fitted sheet (size Twin) & Small Pillow/Camping Pillow**
- Backpack/Duffel Bag*** Bring all your clothes in just one backpack or duffel, with a few essentials in a daypack. **The van we will be in does not have a lot of storage and you will have to have your bag on your lap so please pack light!*
- 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

- Sturdy Sneakers/Hiking Boots** Solid, tough, durable, closed-toed shoes.
- Sneakers** A different pair than you will be using for hiking
- Sport Sandals** Waterproof sandals (i.e., Texas or Chaco-style)
- Flip Flops-** These are nice to have for shower shoes

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CLOTHING

- Jacket or fleece** (nighttime temperature could go down to low 50 F)
- Raincoat** Waterproof material is required. Best if lightweight and breathable.
- Hat/Bandanas** Can be nice for sun protection.
- Socks** 6 pairs. Thin synthetic socks can dry more quickly.
- Underwear** 6+ pairs. Cotton is fine, but synthetic quick-drying underwear is best.
- Bras/Sports Bras**
- T-Shirts** 4-5: *Do not bring revealing shirts.* Quick-drying material is best. *May get dirty.*
- Long Sleeve Shirt** 2: Light and loose-fitting button-up shirts are great
- Long Pants** 2-3 pairs: Suitable for work and play that will dry quickly. Avoid denim.
- Shorts** 2-3 pairs. Something lightweight & quick drying. Please be conservative.
- Swimsuit** Please be conservative when selecting a suit to bring.
- Cozy Pajamas** Bring something comfortable, warm, and appropriate in a group setting.
- Synthetic Camping Towel** Synthetic camping towels dry much faster than regular towels.

PERSONAL ITEMS

- Masks** Small pack of disposable masks
- Water bottles** 2- Each should hold one liter.
- Work Gloves** Leather gloves are the most durable.
- Sunglasses**
- Toiletries** Bring a supply of everything you need for grooming and taking care of yourself (hairbrush, toothbrush, toothpaste, personal hygiene, etc).
- Headlamp/Flashlight** Preferably rechargeable otherwise bring a few extra batteries.
- 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.
- Insect Repellant**
- Lip Balm** SPF 15 or higher.

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OPTIONAL

- Card/Travel Games**
- Good Books**
- Hand Sanitizing Gel/Wetwipes**
- 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.
- Gold Bond/Medicated Powder** Helps avoid/treat heat rash in humid environments
- 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.
- Luggage Padlock** A way to lock/secure your bags.

SPENDING MONEY

Although the costs of the course 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. Small bills (\$1, \$5, \$10) are best. 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 some school supplies (markers, colored pencils, pencils, children's books, etc.), the teachers at the local schools will put them to good use.



Camp Tabonuco Participant Manual 2022

Welcome to [Camp Tabonuco](#)! We are happy to have you as part of our community. This document provides information relevant to all aspects of living and participating in our Experiential Programs. Its purpose is to inform participants about our mission, codes of harmony and safety rules established by the Tabonuco team in order to ensure all participants a safe and comfortable learning experience.

Our Mission

Tabonuco is a Puerto Rican organization that focuses on ecological education, located in the heart of Puerto Rico in the town of Jayuya. As a direct project of [HASER](#), Camp Tabonuco serves a diversity of kids, youth and adults from Puerto Rico and beyond through farm visits where we offer different educational workshops and experiential programs. The main subjects we explore include creative arts, agroecology, alternative construction and systems for sustainable living. Our mission is to empower people with transformative learning experiences that cultivate social and ecological awareness and stewardship.

“At Camp Tabonuco, we explore our potential for transforming ourselves and achieve a positive impact on our communities and surroundings. Practical and theoretical knowledge, framed within a community experience based on solidarity and cooperation, helps us understand our place in the complex network of socio-ecological interrelationships. We seek to find our own path of action to contribute to the well-being of ourselves, our communities and the planet.”

Our Educational Pillars

Throughout our programs, we use 3 fundamental pillars to guide the design of our workshops and educational activities:

- Practical skills for sustainable living - ecological knowledge and sustainable practices that promote a life in harmony with the environment
- Harmonious living in community - cooperating in daily comunal tasks and participating in group dynamics that promote collaboration and positive communication
- Leadership and personal development - creating safe space for individual expression and offering mentorship to promote confidence, integral health, and self-sufficiency

Integral, experiential, interdisciplinary, and community approaches guide the pedagogical design of all our programs with the hope of offering holistic and contextualized educational experiences for youth and people of all ages and backgrounds.

Before Arrival to Tabonuco

Please make sure to complete all documents and deliver to group leaders 2 weeks prior to visit!

(1) [Online Registration Form](#) (includes Health and Emergency Contact information)

*Must upload a pdf/jpg of your health insurance in this form

(2) [Hold Harmless Agreement](#) (release of liability)

What to bring

Please refer to the following packing checklist of what to bring for a 4 day / 3 night trip.

*This is a general guideline.

Clothing:

- 4-5 shirts (cotton or any quick-drying fabric)
- 2-3 short pants
- 2-3 long sleeve shirts (for sun protection while working outdoors)
- 2-3 long pants (for protection while working outdoors)
- bathing suit
- 1 jacket or fleece (nighttime temperature could go down to low 50 F)
- cozy pajamas
- 6-7 pairs socks
- underwear
- hiking / work boots
- sandals / flip flops (for showers and indoor activities)
- hat (for sun protection)
- poncho or raincoat (afternoons can be rainy!)

Toiletries / Gear:

- Soap, tooth paste, shampoo, etc. (natural/biodegradable)
- 1-2 Towels (1 for showering / 1 for potential river trips) *microfiber material ideal
- 1 Fitted sheet size TWIN (and pillow if needed)
- Sleeping bag (*see below option to rent)
- Sunblock (we will provide bug spray)
- Personal SNACKS!
- 1 liter water bottle (hydration is very important!)
- Work gloves (gardening gloves)
- 1 small daypack
- 1 Headlamp and/or Flashlight with extra batteries!
- **Medication:** over the counter meds as well as personal prescription medication
- **Other items:** journal, books, camera, musical instruments, yoga mat, etc.

* Camp Tabonuco can will provide sleeping bags for rent. \$10 p/p

* Please bring your own fitted sheet.

Upon Arrival

During your stay at Camp Tabonuco you will become an integral part of our family and community. We look forward to sharing meaningful bonds while experiencing community living, sharing meals, insights, lessons, challenges, and fun together.

Accommodation: All participants sleep on twin beds or sleeping pads in our camp cabins: *Múcaro* and *Guaraguao*. The campgrounds have outdoor community-shared toilets and showers. The cabins are located next to the dining area *El Aguacate*, where eating and activities take place.

Meals: Tabonuco provides 3 vegetarian meals and snacks per day. On some days there will be group harvests for meal ingredients or fruit snacks. After each meal, cleanup is *everyone's* responsibility; procedures will be discussed during orientation. *** Please bring personal snacks!

Activities: Our goal is to provide participants and share with them the benefits of living in harmony with nature, understanding key ecological concepts, and working together to understand, respect, and cooperate with each other. Service learning groups will engage in activities such as:

- Farm projects (clearing areas, fertilizing crops, planting trees, weeding, etc.)
- Construction projects (painting, cleaning, upgrading structures, clearing areas, etc.)
- Art projects on farm such as natural pigments, water color, mosaic, natural dyes and fibers, etc
- Cultural and local crafts workshops (upon request and based on groups interest + available staff)
- Nature walks through farm/forest (bird watching, mindfulness, observation and identification)
- River/beach trips and exploration
- Group stretching / yoga

Code of Harmony

Communication: At Camp Tabonuco, we seek to learn, grow, connect and understand each other. We encourage all members of the community to embrace an attitude of openness and trust, where we can all share our thoughts, emotions, and concerns.

Respect: We strive to work together and respect differences. We treat each other, and all spaces, equipment and materials with care, as we will need them in the years to come.

Consideration: We are considerate of others' time and effort by being on time for activities, and reminding ourselves that part of our mission is to engage in selfless service.

Mindfulness: We cultivate awareness of our actions, keeping in mind safety at all times by being present in each moment - while handling tools, exploring the farm, sharing ideas, etc.

Health & Safety Information

The health and safety of all participants is as important to us as it is to you. Camp Tabonuco is located in a remote farm in the town of Jayuya, Puerto Rico. It is a 1.5 hour drive from San Juan, and a 10 minute walk from the main road to the camp facilities. There is phone service as well as drinkable running water, and solar electricity at the facilities. There is always a vehicle at the campground available for transportation in case of an emergency. There is a free open medical clinic 10 minutes away and the nearest hospital is CDT Mario Canales Torresola, located 30 minutes away. Since the camp is located high in the cool windy mountains, mosquito bites that could possibly transmit Dengue virus are unlikely. Despite being a tropical island, Puerto Rico has no seriously poisonous or dangerous plants or animals.

Please refer to the [Safety & Emergency Protocol](#) for protocol details: COVID-19, Hospitals, Staff contacts, Farm Location, and On-Site Emergency Plans. For more information regarding health concerns in Puerto Rico, feel free to ask us any questions.

Where we are

Physical address:

Carretera 141 Kilómetro 14.9, Sector La Zarza, Bo. Mameyes, Jayuya, Puerto Rico. 00664

Postal Address:

HC02 Box 695 Florida, Puerto Rico 00650-9103

GPS PIN:

(18.276744,-66.567048)

Staff Contact Information: info@tabonucopr.org

Rosaura Rodríguez : 787-667-0550

Gina Malley Campos: 787-245-5511

Mario Gracia: 404 - 838-1631

Colibrí Sanfiorenzo-Barnhard: 787-420-0051

A Day at Tabonuco

Example schedule

Saturday March 21	6:45 - 7:30 am - ¡Buenos días! 7:45 - 8:30 am - Breakfast 8:30 - 9:00 am - Community chores and get ready for morning activities 9:00 - 11:30 am - Service activity at farm / with community partners 12:00 - 1:00 pm Lunch 1:00 - 2:00 pm - Siesta / quiet hour 2:00 - 5:00 pm - Continue service activities 5:00 - 6:30 pm - Showers / free time 6:30 - 8:00 pm - Dinner / clean up 8:00 - 9:30 pm - Campfire / Evening activity 9:30 pm - ¡Buenas Noches!
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LINKS

[Camp Tabonuco](#) website

[HASER](#) website (Camp Tabonuco's fiscal sponsor)

[Online Registration Form](#) (Registration, health info, insurance, and emergency contacts)

[Hold Harmless Agreement](#) (Liability Release)

[Safety & Emergency Protocol](#)