

Puerto Rico Packing List (Patillas)

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. Here is a helpful article [on how to pack light](#).

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 2025, so verify if your state is compliant with these laws because otherwise, you may need a passport to travel.
- 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

- Backpack/Duffel Bag** Bring all your clothes in just one backpack or duffel, with a few essentials in a daypack.
- Day Pack** Small, light backpack 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** or **Boots** Solid, durable, closed-toed shoes for working. Will get dirty.
- Sneakers** A different pair than you will be using for working
- Water shoes** ([Example 1](#), [Example 2](#)) or **Sport Sandals** (Texas or Chaco-style) With grip and foot protection
- Flip Flops**- These are nice to have for shower shoes

CLOTHING

- Light Jacket or fleece** (nighttime temperatures could go down to 65 F)
- Raincoat** Waterproof material is required. Best if lightweight and breathable.
- Wide-brimmed Hat/Bandanas** Vital 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** 6+
- T-Shirts** 6+: *Do not bring revealing shirts.* Quick-drying material is best. *May get dirty.*
- Light Weight Long Sleeve Shirt** 3+: Light and loose-fitting button-up shirts are great
- Lightweight Long Pants** 2+ pairs: Bring a material that will dry quickly. Avoid denim.
- Shorts** 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. Keep in mind that the nighttime temperature could go down to 65 F.
- Synthetic Camping Towel** Synthetic towels dry much faster than regular towels.

TOILETRIES

- Toothbrush and Toothpaste**
- Soap/ Shampoo** (should contain only natural or biodegradable ingredients)
- Chapstick** (SPF 30+)
- Reef Safe Sunblock** (SPF 30+)
- Bug Repellent** Use EPA registered insect repellents without DEET.
- Glasses/Contacts** Bring enough contact solution for the entire program

PERSONAL ITEMS

- Water bottle** - Should hold 32 oz or more
- Work Gloves** Leather gloves are the most durable.
- Sunglasses**
- Headlamp/Flashlight** Preferably rechargeable otherwise bring a few extra batteries.
- Alarm Clock/Watch** Small travel clock or a watch with an alarm.

OPTIONAL

- Card/Travel Games**
- Good Books**
- Hand Sanitizing Gel/Wetwipes**
- 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

STUDENTS SHOULDER-TO-SHOULDER

- Over the 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.
- Several large and small zip-lock plastic bags** (for cameras, books, valuables)
- Small/medium plastic trash bags** to keep dirty clothes

SPENDING MONEY

Although program costs are covered in your tuition, we recommend each student bring cash or a debit/credit 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.

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.