

# Packing List: VISIONS Guadeloupe

## **PLEASE NOTE**

- Temperatures tend to range from the mid-70s to low-90s (Fahrenheit), and most days will find us in t-shirts and shorts.
- Our dress code is based on the requests of our hosts, as we will be part of their community in a professional capacity. Articles of clothing *not* permitted may be found in the *PACKING GUIDELINES* section of the [Guadeloupe FAQ](#) page.
- Remember that comfort and versatility are more important than fashion, and clothes will get dirty.
- We do laundry weekly and wash by hand as needed, so please don't pack more than what's listed since space is limited.
- Please label all clothing and gear with indelible ink.

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\*Before shopping for items and packing your bags, it is important to read our *PACKING GUIDELINES* on the [Guadeloupe FAQ](#) page.

## **DOCUMENTS** (bring the following documents with you to give to your VISIONS leaders onsite)

- Copy of vaccination record
- Copy of health insurance card, front and back
- Completed [Consent to Travel form](#)
- Copy of passport

## **PERSONAL ITEMS**

- Passport valid for at least 6 months after entry into Guadeloupe (see *PASSPORT / ID* on the [Guadeloupe FAQ](#) for details)
- Toiletries and any personal medications
- Personal hand sanitizer (program also provides, but you'll want to have 1 - 2 small containers for travel days and to have in your daypack for daily activities)
- Packet of personal disinfectant wipes for travel
- Biodegradable soap and shampoo (Dr. Bronner's is one recommended brand)
- Reef-safe sunscreen
- Bug repellent (~4 oz)
- Bath towel and beach towel
- Headlamp or flashlight (for reading at night)
- Lightweight blanket (some kids get chilly at night, though it's rare)
- Twin-size sheets (fitted and top sheet)
- Pillow (can be travel-sized and brought as a carry-on)
- Daypack/bookbag. You will use this on a daily basis for the worksites and outings, where you'll carry your water bottle, work gloves, hand sanitizer, etc. Most students take this as a carry-on during the flight.
- Sunglasses with UV protection
- Water bottle
- Leather work gloves
- Laundry bag

## CLOTHING

- Work sneakers or hiking boots
- Sandals with straps (Tevas, Chacos, etc.) or flip-flops (for showers, beaches, etc.)
- Lightweight rain jacket
- Lightweight long-sleeve work shirt for sun protection
- 5 - 6 t-shirts (spaghetti straps, crop tops, and tops that reveal undergarments are not permitted; See *\*PACKING GUIDELINES*)
- White, cotton t-shirt for indigo dyeing activity
- 1 pair of pants
- 4 - 5 pairs of shorts (minimum 5" inseam; See *\*PACKING GUIDELINES*)
  - Shorts and t-shirts will be worn at our worksites, but also include one pair that may be nicer for town outings.
- 1 dress-up shirt, or dress/skirt for a community event, etc.
- Sleepwear (spaghetti straps and shorter shorts are okay for sleepwear)
- 5 pairs of socks
- Undergarments
- Baseball/sun hat
- 2 swimsuits (one-piece or tankini for girls)

## OPTIONAL

- Cell phone with [WhatsApp](#) downloaded
  - While you will not use this during the program, it is helpful for airport logistics and calls home. See *BEING IN TOUCH* on the [Guadeloupe FAQ](#) for details.
- Spending money (see *\*PACKING GUIDELINES*)
- Camera (not a phone)
- Book (no e-books)
- Musical instrument
- Bandana
- School and art supplies for activities with local kids
- Snorkel and goggles
- Small, battery-operated personal fan that can be attached to your bunk
  - We have large program fans in each room, but some participants like having a small personal fan, as well.
- Psyllium fiber capsules and / or acidophilus pills—supplements that can help with travel / diet changes and only will be taken if needed.
- Small homestay gift (no more than \$15 worth). This is for the day stay that is done with another VISIONS participant and a local family.
  - e.g.: a small souvenir from your hometown, a candle, picture frame, or something homemade that can be easily packed
- Consider treating clothing with permethrin, which helps repel mosquitos. You can buy pre-treated clothing or treat things yourself. VISIONS provides mosquito nets on the program.
- Camp chair or portable backrest / stadium seat that sits directly on the ground (used for group meetings)

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