

Packing List: VISIONS Peru

PLEASE NOTE

- The weather can be variable from season to season and from daytime to nighttime. A typical work day will be in the high 60s (Fahrenheit), and t-shirts with shorts or jeans will be the standard outfit of choice. Note, however, that having layers is important since there will be some chilly evenings and mornings. Temperatures can drop below freezing at night.
- 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 [Peru 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

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

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

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

PERSONAL ITEMS

- Passport valid for at least 6 months after departure from Peru (see *PASSPORT / ID* on the [Peru FAQ](#) for details)
- [iHealth Rapid Covid Test](#) if traveling back to the US ([free via USPS](#))
- Toiletries and any personal medications
- 1 personal hand sanitizer
- Biodegradable soap and shampoo (Dr. Bronner's is one recommended brand)
- Sunscreen
- Towel
- Headlamp or flashlight (for reading at night and pre-dawn hike to Machu Picchu)
- Sleeping bag rated to approx. 25° Fahrenheit; nights are very chilly. You will use the sleeping bag on a nightly basis.
 - Optional: Sleeping bag liner or a bottom sheet to put on top of the foam mattress provided by the program.
- 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
- Two sater bottles
- Leather work gloves
- Laundry bag

CLOTHING

- Water-resistant hiking boots (Be sure they are well broken-in; wear them around outside your house for a couple of weeks before your trip to avoid blisters.)
- Work sneakers
- Sandals with straps (Tevas, Chacos, etc.) or flip-flops (for showers, house, etc.)
- Lightweight rain jacket that is small (or ponchos can be purchased on the street)
- 1 - 2 of the following for layering: wool sweater, fleece, hoodie
- Fleece pants and long-sleeve wicking shirt
 - Or medium-weight, polypro or wool long underwear; top and bottom
- 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*)
- 2 pairs of jeans or other pants
- 2 - 3 pairs of shorts (if they are shorter than mid-thigh, you won't be able to wear them)
- 1 pair of casual, non-work pants for around the house
- 5 pairs of socks
- Sleepwear (can be the long underwear)
- Undergarments
- Warm hat and gloves
- Baseball/sun hat

OPTIONAL

- Cell phone with [WhatsApp](#) downloaded
 - Having WhatsApp is helpful for airport logistics and weekly calls home.
- Spending money (see **PACKING GUIDELINES*)
- Camera (not a phone)
- Bug repellent (we're not in a very buggy area)
- Book (no e-books)
- Musical instrument
- Bandana
- Money belt
- Slippers (these can be nice at night)

- 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