



# PERU: COMMUNITY SERVICE

## Packing List

Plan for the 11-day itinerary with the understanding that some items can be worn more than once. Attire is casual. Community service could be indoors or outdoors, so be prepared for both environments. Leave your flip-flops and open-toed sandals at home.

### Daytime & Community Service:

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- Short sleeve and long sleeve shirts (No spaghetti straps, tank tops or low cut tops)
- Shorts at appropriate length (mid thigh)
- Lightweight pants or jeans
- Tennis shoes or other closed-toe shoes

### Evening:

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- Long sleeve shirts
- Sweater or fleece
- Light to mediumweight jacket, preferably water resistant/waterproof
- Lightweight pants or jeans
- Long skirts
- Tennis shoes or other closed-toe shoes

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### Church Visit (if applicable):

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- Pants or long skirts only. No shorts
- Shoulders must be covered
- Ties and collared shirts are not required
- Tennis shoes or other closed-toe shoes

### Additional Items to Bring:

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- Daypack 25 liters (to hold personal belonging during community service)
- Reusable water bottle
- 2-3 containers of hand sanitizer – Mandatory for community service days
- Pack of disinfectant wipes
- Sunscreen
- Hat with a visor for sun protection
- Socks, underwear, sleep clothes
- Phone charger
- 1 small personal first aid kit with medications in their original containers. Include personal medications to assist with digestive problems, headaches, soreness or other personal health issues that may be of concern. High altitude conditions can cause headaches and fatigue. Consider bringing antibiotics for intestinal and respiratory disorders; Tylenol, Aleve or Ibuprofen for headache and soreness; Benadryl or other antihistamine for allergic reaction; Melatonin for a sleeping aid; and Diamox or Dexamethasone for altitude sickness. K2AT cannot provide these medications; it is your responsibility to bring your own. Refer to the K2AT General Information document for additional information.
- Extra copy of your passport and insurance card
- Adapter for Peru outlets
- Spending money for incidentals, snacks and souvenirs – \$200 USD suggested minimum

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### Optional Items to Bring:

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- Lip balm with sunscreen
- 1 pair of long hiking pants
- Small flashlight or headlamp
- Pair of sunglasses
- Plastic bags for dirty clothes
- One container of insect repellent
- Electrolytes (2-3 servings per day)
- Daily snacks (1-2 per day)
- Journal and pen/pencil
- Paperback book
- Camera and batteries/charger
- Music with headphones
- Waist belt or other method for carrying daily cash
- Personal travel pillow

### Suggestions to Consider for Packing:

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Label all luggage with your name and address and lock with TSA approved locks. Check with your international airline for specific baggage restrictions and if there is a charge for checked baggage. Most international airlines accept 2 checked bags with a 50lb. (22.5kg) weight restriction. Baggage fees vary by airline.

Your daypack/backpack, approximately 25 liters, should be used as your carry on bag for the plane. This pack will hold your passport, all money, electronics, jacket, change of clothes and all personal medications.

The overnight flight back to the States can get very chilly. Consider bringing a travel pillow and warm jacket.

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## We look forward to traveling with you!

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