**SUGGESTED PACKING LIST**

**CLOTHING**

Bring enough of these to last for one-week or two-week sessions:

- Socks
- Underwear
- Pajamas
- T-shirts
- Pants/Shorts
- Sweatshirt
- Jacket
- Hat with sun-protecting brim
- Bathing suit
- Shoes that cover and protect the foot
- Summer sandals
- One set of dress clothes (optional)
- Rain gear
- Breathable bag in which to store dirty clothing

**LINENS**

- Twin-sized sheets (Twin XL for Chinese Language Village)
- 3 blankets (bunk-bed size) or open sleeping bag
- Pillow and pillowcases
- Sleeping bag for those going on overnight excursions

**HYGIENE AND HEALTH**

- Shampoo/Conditioner/Body wash
- Toothbrush and toothpaste
- Bath towel
- Personal toiletries
- Disposable/Reusable masks (one-week supply)
- Hand sanitizer (key chain, travel size)
- Shower sandals
- Shower caddy
- Lip balm and hand lotion
- Sunscreen (at least SPF 30)
- Insect repellent (non-aerosol; approx. 30% DEET)
- Reusable water bottle

**MEDICATIONS**

You do not need to bring common, over-the-counter medications. See your health form for a list of medications at your Village.

- Daily medication to last the entire stay
- Medication in original containers

*Medication with labels in other languages should be translated to English before arrival

**PERSONAL ITEMS**

Items that may come in handy during your session

- Books in the Village language
- Cultural clothing
- Water shoes
- Hiking boots
- Sunglasses
- Flashlight with extra batteries
- Camera
- Stationery, notebook, stamps, writing utensils
- Backpack

**TIPS!**

The Villages do not have laundry facilities; therefore, you need enough clothing to last your entire stay. Four-week villagers will have a chance to do laundry once offsite, halfway through session. Mark your clothing and items with your name.

**HIGH SCHOOL CREDIT ONLY**

- Notebooks (3)
- Folders (3)
- Pens, pencils
- Felt-tipped colored markers
- Ruler
- 10-20 plastic sheet protectors
- 3-ring binder

**ALCOHOL AND ILLEGAL SUBSTANCES ARE FORBIDDEN AT THE VILLAGES. POSSESSION AND/OR USE AND/OR DISTRIBUTION ARE GROUNDS FOR DISMISSAL FROM THE PROGRAM AND ANY ASSOCIATED EXPENSE WILL BE THE RESPONSIBILITY OF PARENTS OR GUARDIANS.**