

Do NOT bring: alcoholic beverages, illegal drugs, tobacco products.

NO exceptions: you will be sent home if you participate in these activities.

MEXICO DOCE Packing List	
Duct tape your bin closed BEFORE you bring it! Write your name on your bin with permanent ink!	
<i>Item</i>	<i>Packed</i>
WHILE IN MEXICO: (you'll get muddy and dirty!)	
Thin sleeping pad (you MUST be able to fit it in your bin or in your ONE extra black bag).	
Sleeping bag, pillow, and blanket	
Towels	
Flashlight (bring extra batteries) or head lamp	
Baby wipes and deodorant	
Sunglasses, hat, sunscreen and lip balm	
Toiletries (toothbrush, toothpaste, soap, shampoo)	
Work gloves	
Work shoes (2 pairs) – Heavy duty boots or Rubber Boots highly recommended, tennis shoes	
Work clothes – (for 4 days) - no dresses, shorts, tank tops or pajama pants	
Swim suit and flip flops for showers (NO bikinis – or we will give you a shirt to wear!)	
Small bag for the work day (optional)	
Underwear and socks	
Hand sanitizer	
Rain gear (poncho, waterproof pants)	
Duct tape (pack extra IN your bin) and permanent marker	
Extra plastic bags for wet or dirty clothes	
Nail belt and hammer	
Water bottle	
Battery-powered alarm clock	
Warm jackets, sweatshirts, and clothes, clean shoes for evenings	
Handwarmers, ear plugs, warm socks for sleeping	
You may need: Band-Aids, Tylenol, Ibuprofen, TUMS, Pepto-Bismol, Imodium. (Dr. Jim also has supplies)	
Bible, notebook, pens	
Spending money [You will be responsible for 6 meals during travel and de-brief: four lunches (Sunday, Thursday, Friday, Saturday) and two dinners (Thursday and Friday)]	
Passport (DO NOT PACK IN BIN!)	
FOR DE-BRIEF: Use your carry-on bag for clothes, (shorts, flip flops, sweatshirt, swimsuit), Bible	

ALSO: You *can* bring your iPod (as long as it doesn't take away from your trip experience) and cell phone (but there's no cell service unless we're in the U.S.).

HOW SHOULD I PACK? (Pack as light as possible. We have limited space!)

Each person is allowed **ONE BIN & ONE BLACK PLASTIC BAG/SMALL BAG** to pack ALL your stuff in (clothes, toiletries, sleeping pad, sleeping bag, pillow, etc.).

Everyone **MUST** also have a **CARRY-ON BAG** for the airplane. This will also be your bag to use for your clothes while we stay at the hotel for de-brief in San Diego (Remember the specifications for carry-on bags = 3.4 ounce (100ml) bottle or less (by volume) in a zip-top bag).

TENTS

If you said you were bringing a tent on Training Day, you **MUST** bring them (with ALL the pieces) in the smallest bags possible on Thursday, February 16th - Packing Day.