

PACKING LIST FOR PARTICIPANTS - EXAMPLE

Hygiene

- Toothbrush / Toothpaste
- Towels (hand towel and shower towel)
- Washcloth
- Sunscreen
- Insect repellent
- Personal medicines
- NO Deodorant – it attracts insects / the tents lose their waterproofing
- NO Soap – biodegradable soap is provided

Clothing

- Rain jacket (windproof, with hood)
- T-shirts, sweatshirts
- Working pants (tough, long, comfortable)
- Shorts for freetime
- Underwear etc.
- Socks
- Hats – warm hat for staying warm, sun hat for protection
- Working shoes – with good tread
- Shoes for freetime
- Hiking boots (if owned)
- Swimsuit
- A bag for dirty laundry

Equipment

- Sleeping bag, sleeping pad
- Flashlight / headlamp
- Bible, journal, pencil / pen
- Sunglasses
- Book, cards etc. for rainy days
- Camping chair (if owned)
- Instruments (if owned, discuss beforehand storage options)
- Pocketknife (less than 12cm blade, not able to be opened with one hand)
- Water bottle, at least 1 Liter
- Individual Mug to hang up

Don't bring with you

- Electronic devices, phones, etc. – due to possible water damage, no electricity to charge, use emergency number
- Please put everything in one bag and have a backpack with you for day trips
- Participants should be able to carry their bags themselves
- Candy and snacks only make insects more interested

Vaccines

- We recommend checking if your Tetanus Vaccine is up to date