

List of things for ELA's volunteers

Documents and things:

- Passport (valid for at least 6 months after return!)
- Yellow booklet (all immunizations must be entered)
- Credit and/or ATM Cards (Maestro, Visa, Mastercard) and cash (\$ and Euros, but only Dollars for the visa! Do not bring traveler's cheques with you, because they are almost impossible to be exchanged for cash)
- Health Insurance for abroad
- Copy / scan documents, insurance, books, visa (if you can laminate them that rain does not destroy them)
- Wallet
- -Money belt/water-resistant bag for documents
- Headlamp (spare set of batteries)
- Camera (with extra batteries)
- Battery Charger
- Cell phone and charger

Clothing and Shoes:

- 2x slippers
- 1x sneakers
- Windstopper / Jacket
- 2x long sleeves
- T-shirts
- socks
- underpants
- Towel
- 2x Swimsuits
- Shorts / three-quarter pants
- Long pants / jeans
- Skirts (length to knees)
- Cap, headbands
- Pareo/Sarong (for the beach)

Medicine :

- Mosquito repellent spray (30% DEET), 1 per month
- Soap in bulk
- Shampoo and conditioner
- Hair brush
- Tooth brush&toothpaste
- Tampons / pads
- deodorant
- razor
- Sunscreen, 1 per month, and after-sun cream
- Antimalarial tablets (Lariam, Malarone)
- Recommended Medicine: painkillers, pills to prevent and assist in case of diarrhea, pills to prevent sickness and sun allergies (for more info, talk to your doctor), personal medicines if needed (prescription medicine if taking any)
- Plasters, bandages,Disinfectant wipes
- Nail scissors