

# Personal Packing List

ITEM	HAVE	PACKED
<b>ONLINE PARTICIPATION FORM COMPLETED (no need to print)</b>		
<b>PASSPORT OR PASSPORT CARD</b>		
<b>FMME FORM (completed online then must be printed)</b>		
Sleeping bag, blanket, & pillow		
Foam or air mattress and/or cot		
Toiletries (toothbrush, toothpaste, brush, soap, deodorant)		
Towel(s) & wash cloth		
Flashlight, headlamp, or lantern		
Water bottle or canteen		
Sunglasses & hat		
Sunscreen & lip balm		
Insect repellent		
Work gloves (two pairs)		
Work shoes (closed-toed)		
Work clothes (no dresses, shorts, capris; must be long pants)		
Bathing suit & cover for showers		
Camp/warm clothes for evenings		
Ear plugs for sleeping in camp		
Hand wipes/sanitizer		
Camp shoes		
Solar shower & shower shoes		
Jacket & sweatshirt		
Rain gear		
Spending money (US cash or credit card for the Amor Store)		
Kleenex, handwipes, sanitizer, first aid items		
Personal tool belt (a simple canvas one from Home Depot is helpful)		

**Optional:** Tools are going to be provided for you but if you want to bring your own personal tools, you are welcome to do so. A hammer, wire cutters, hand saw, tape measure and utility knife are helpful options.

**Do not bring:** alcohol, illegal drugs, tobacco products, fireworks, firearms, large knives, electronic games, blow dryers, curling irons, power tools or valuables.

**You will be required to carry your personal bags/cargo when crossing the border.**

**Please only pack what you can carry.**