

PACKING LIST

Everyone is expected to dress in a manner that supports and upholds OSSO's high standards. The people of Ecuador dress very formal on a daily basis compared with Americans. While we do not expect our volunteers to dress formal, we do expect them to avoid the hippie/granola/backpacker look. We would like you to feel comfortable and be respected. **Shorts and tank tops are not allowed outside of the house**, and within the house must be modest—do not bring short shirts, tight shirts or clothing that reveals your midsection—you will not be allowed to wear it. Also, the female volunteers should avoid wearing tight clothing at all because of receiving unwanted attention.

→ You will need at least one set of clothing, including shoes, which you won't mind getting dirty and/or wet.

→ We put on a banquet for each group the week before they leave to express our appreciation to the volunteers for all their hard work and love that they gave to the children and also to the OSSO program. Volunteers dress up for the banquet (Sunday clothes) and have a fun night out reminiscing about their time and their love for "their kids" before they have to leave them.

→ You can use your suitcase to lock away valuables, if you feel this is necessary.

→ Bedding, a pillow and a bath towel are provided (though we always welcome you to bring your own that you can then leave behind to improve the quality of our supply).

→ Electricity—Ecuador's voltage is the same as in the States. There are however two differences for their outlets: some don't have space for a third prong and some are only for even-sized prongs (you can easily get an adaptor there to take care of the combined problem).

Don't go out and purchase clothes specifically for this. Some of the work you do is dirty and you won't want to wear your nice clothes, but you don't want to look like a slob either, so bring your regular clothes—you'll want to be dressed comfortably when working in the orphanages. You'll likely want to dress there pretty much like you do at home/school, just be aware that many volunteers leave their clothes behind because they get worn out/stained, so don't bring much clothing you'll only occasionally wear for going into town or out to eat. Bring more normal/casual clothing than nice "dressier" clothes, but do not bring grungy clothing.

Almost everyone underestimates how chilly, even cold, it gets down there at any time of the year. Fifty degrees when there's no indoor heating is really pretty cold—warm clothing that you can layer over clothing for the warmer times is a must!

Clothing (suggested list, more than adequate—you can get by on much less)

- * 3-4 pairs of jeans or other pants (nice looking, not grungy or with holes; darker colors seem to be best; capri pants are allowed but they need to be long, as in closer to the ankle than the knee)
- * 8-10 shirts/tops (mostly short-sleeved and some long-sleeved)
- * 1-2 pairs comfortable shoes
- * 2-3 Sunday outfits and for banquets (skirts and tops provide more versatility than dresses)
- * 1 pair comfortable dress shoes (you will be walking far)
- * 1 pair of flip-flops/sandals (or these can be purchased for very little upon arrival)
- * 1 pair of slippers for around the house (if desired)
- * light-weight jacket (waterproof and hooded works best)

- * swimsuit (no two-piece or immodest)
- * 1-2 sweatshirts/sweaters (in addition to the OSSO sweatshirt you'll be given)
- * 7-10 day supply of underclothes and socks
- * pajamas (it's cool in the evening)

Toiletries

Due to the increased restrictions for checked luggage and carry-on restrictions of liquids, we highly recommend that you bring only travel-size toiletries to get you by for about a week, and then you can go to the supermarket there and buy the toiletries you'll need during your time. You can find just about everything in Ecuador that you'll need—they use shampoo and conditioner and brush their teeth, etc., just like we do and therefore have the same types of toiletries that we do, just not all the same brands as we do. If buying U.S. brands, the cost will be comparable to U.S. prices, but if you buy local brands, the price will generally be lower. Suggested items to buy after arrival in Ecuador: shampoo, conditioner, other hair care products, Q-tips, toothpaste, floss, deodorant, lotion, sunscreen, aloe vera, bug spray, body soap.

Things you should bring from home (only you can determine how much you'll need): face care products, makeup (you'll likely use very little), hair accessories, curling iron and blow dryer (if you can't do without them), toothbrush, razor, fingernail clippers, nail file, hand sanitizer—it will be your friend (one regular size bottle and a small pocket-sized one), contact stuff (this is actually not very common there, so you should bring the amount you need), feminine products.

Many volunteers leave supplies behind so they can take home their souvenirs. These supplies are kept in the house in Distribution. If it's something that's only used occasionally, there's probably a supply of it already left there.

Medicine

Again, most things are available there, but it's nice to have it when you need it (however, you can stock up on these at the supermarket when you're buying your toiletries there). Suggestions: Pepto-Bismol, Tylenol/Advil, cold medicine, allergy medicine, medicine for motion sickness, anti-itching cream, Robitussin/Dayquil, etc. Vitamins are also suggested to keep you healthy.

Bring the needed amount of any prescription medicines you take (enough for the entire time you're down there) as well as any medicines you take on a regular basis!!!

Other

- alarm clock
- ear plugs
- umbrella
- watch
- backpack/duffle bag for use on field trips and activities
- Ziploc bags for travel as well as for storing things
- camera and applicable accessories (digital camera: cables, high capacity memory cards/USB drives, blank CDs to burn pictures to for storing—volunteers take TONS of pictures, so plan sufficiently for ways of storing your pictures; film camera: 15-20 rolls of

film, developing/printing costs are about the same there as in the United States if not more)

- you may want to bring a waterproof disposable camera for some of the field trips
- we're trying to build up the OSSO house library—feel free to bring a book for the collection
- supplies for scrapbooking, art projects and preschool activities are constantly used and needed—colored paper, construction paper, folders with pockets, stickers, glitter, rewards/prizes/treats for the kids, markers, colored pencils, glue bottles, glue sticks, etc. are some suggestions
- chocolate chips, ranch dressing mix, peanut butter, cheddar cheese, American candy—especially chocolate (for yourself and to share with the current volunteers...they'll love you for it!)
- laundry bag or foldable basket
- if you're a picky eater or just have certain things you eat all the time you should consider bringing what you can't do without; Ecuadorian candy and junk food is very good, and a lot of American candy and junk food can be found (it's more expensive), but if you have a special/favorite comfort food, bring it, because there will be days when you'll definitely want it

Optional (completely up to you whether you want to bring any of this, just some things previous volunteers have liked having)

- **occasionally groups go to visit the Guayaquil temple (at their own expense), and if you even think you *might* want to do this, you need to bring your temple recommend with you (LDS volunteers)—you will not be able to get a recommend except from your home ward, so you need to plan ahead for this and bring yours**
- sunglasses, baseball cap for the field trips
- Church magazines, scriptures, hymnals, etc.
- pictures of your family, home, friends (to show people and for when you're homesick)
- journal
- mp3 player/Discman and CDs
- piano/guitar music
- a money pouch if you'd feel more comfortable using this to carry your money, ATM card and passport in while traveling
- Spanish reference material, e.g. Spanish-English dictionary, 501 Spanish verbs, old Spanish textbook, etc.
- you'll want to have things to do to occupy your free time—bring hobby stuff, books, games, movies, etc.
- your favorite recipes
- “favorite/comfort” foods
- we provide a bath towel and pillow for everyone, but we're always needing to get rid of the ratty/old ones, so if you'd be willing to bring one or both of these things (including a pillowcase) to leave at the house upon your return home, it would be appreciated

Basically, for everything you use on a daily basis, plan whether it's something you'll buy there or that you need to take with you. If you forget something, people will share, or you can buy it

there. When packing, keep in mind that you'll want a lot of room for bringing back souvenirs and there are always supplies that need to be taken down—you'll probably end up leaving some of your clothes there as well as supplies the next groups can use. **If you have extra space and would be willing to take down needed items, please contact the office.**