

Farmer-to-Farmer Recommended Packing List

REQUIRED / STRONGLY RECOMMENDED – TAKE THESE IN YOUR HANDBAG OR CARRYON BAG:

- Passport** with minimum 6 months validity
- Color photocopy of passport** (keep separate from passport): scan passport information pages and e-mail them to yourself
- Yellow **WHO card** with vaccinations up-to-date;
- Medical evacuation and supplemental insurance card**
- Airline ticket**: leave itinerary and contact information with a close relative or friend
- Constant Companion** contact sheet with numbers of CRS country program staff
- Major credit card** for emergencies: inform the credit card company to tell them you will be traveling to the emergency so they don't block the card
- US currency** for initial purchases or for the duration of your trip. Larger bills bring more favorable exchange rates, and bills should be no older than 2009 and in crisp condition with no markings. Volunteers report using less than half of their daily per diem for meals when out in the field.
- Debit card with microchip**, if you elect not to carry over the full sum of your per diem. Call your bank to inform them of your upcoming trip. International fees may apply.
- Information regarding airport pick-up and accommodations**
- Scope of Work for your assignment**
- Charity Fare Support Letter** (if applicable)
- Clothing appropriate for the location**: review cultural norms in Country Program's Visitors Briefing Booklet
 - Rain gear / poncho
 - Heavy shoes for walking, tennis shoes, sandals
 - Hat
 - At least one each casual dress shirt and pants/skirt
- Personal health items (All medications should be taken at your own personal discretion and the advice of your physician)**:
 - Prescription medicines and personal medications
 - Band-Aids
 - Antiseptic ointment (e.g., Neosporin)
 - Alcohol swabs
 - Aspirin / Tylenol / Advil
 - Imodium
 - Tweezers/fingernail clippers
- Toiletry articles**, including soap, shampoo, toothbrush, toothpaste, razors, comb/brush, contact solutions, feminine care products, etc.
- Flashlight with spare batteries and bulb** (headlamps using halogen lights and AAA batteries are excellent and last a long time)
- Wrist watch with built-in alarm clock**
- Contact lens solution**
- Lip balm**
- Sunglasses**
- Sunscreen** (at least level 20 protection)
- Mosquito / insect repellent**

OPTIONAL:

- Flash drive or portable hard drive with all necessary personal and work files
- Ear plugs; noise-reducing headphones
- Day pack / fanny pack
- Agenda / date book
- Towel
- Flip Flops
- Water bottle
- Sewing kit with extra buttons

- Business cards
- Books, magazines or other reading materials
- Pocket calculator
- Small pocket-size spiral notebook
- Digital camera and charger
- Electrical plug adapters (may be available to borrow from country program, ask project director.)

- Granola, energy bars, other munchies
- "Gift" items
- MP3 music player
- Address book with phone numbers of family and friends