

What to Pack for an LCO Campaign

DOCUMENTS	CLOTHING	TOILETRIES	EQUIPMENT
Passport & Visa	1 dress shirt	Bar of soap	Sleeping bag/fleece blanket
Currency (cash, credit card.) **	2 dress pants/skirts/dress (for sight-seeing/dining out)	Body creams and lotions	2 pairs of work gloves (IMPORTANT)
Map of Armenia/Yerevan*	10 pairs of underclothes	Comb and brush	Painters face masks (IMPORTANT)
Pens and pencils	8 pairs of athletic socks and 2 pairs of dress socks	Cotton swabs	Backpack for day trips*
Reading material (books, magazines)*	Pajamas (flannel and light-weight choose modest attire, there is little privacy)	Deodorant	Thermos/canteen
Travel diary or journal*	3 pairs of jeans, khakis, sweatpants or work pants	Eye drops*	Flashlights and batteries
Address book*	4 pairs of shorts (no short-shorts)	Foot powder*	Adapter (the power supply is AC 220 Volts, 50Hz via sockets for 2-pin plugs)
	7 short sleeve T-shirts	Hand mirror*	Combination locks (not all work site accommodations have locking doors)
	2 long sleeve sweat shirts or flannel shirts	Insect repellent	Calculator*
	1 heavy sweater, knit or fleece jacket or a hooded wind-breaker	Lip balm	Camera with security strap
	Hat for midday sun protection	Moistened/alcohol towelettes	Laundry bag
	1 pair of work/hiking boots (IMPORTANT)	Personal hygiene items	Laundry detergent (biodegradable)
	1 pair of sneakers	Safety pins	Portable clothesline/clothespins*
	1 pair of dress shoes	Shampoo and conditioner	Swiss Army knife*
	1 pair of flip-flops/sandals for walking and the showers/beach	Shaving items	Travel alarm clock
	2 large bath/beach towels	Sunscreen	First aid kit* (the site leader will also have one)
	1 wash cloth	Tissue packs	Medicine (pain reliever, constipation, diarrhea remedy, cold/flu, etc.)
	Swim suit(s)	Toothbrush and toothpaste	Nasal spray*
	Belt	Toilet paper (3 rolls, with inner tubes removed)	Adhesive bandages*
		Sewing kit	Anti-bacterial spray/cream (Bactine, Neosporin, etc.)
		Spare pair of glasses/contacts	
		Solution/cleaners for contact lenses (choose chemical over heat disinfectants as electrical outlets cannot be guaranteed at some work sites)	

List is based on information from volunteers of past campaigns.

* At your discretion, but volunteers found them useful.

** Bring bills in small denominations that are fairly new.

NUTRITION

Although balanced meals will be provided, meat can be a rarity at some Campaign sites. Feel free to bring vitamin supplements and other items to reinforce your energy. Veteran volunteers suggest:

- Granola bars/Power bars*
- Peanut butter*
- Vitamins*

(Remember that international customs regulations prohibit the transport of live foodstuffs such as meat, cheese, fruits, or vegetables.)

RECREATIONAL ITEMS

LCO volunteers rely on their own resources and creativity for entertainment during free-time. Consider bringing some of the following:

- A mini backgammon or chess set
- A musical instrument
- Playing cards
- Songbooks or sheet music
- A soccer ball (can be bought in Yerevan before you leave for your Campaign site)
- A baseball, tennis balls and/or A Frisbee

STICKY ITEMS (things to have by your side at all times)

In order to account for the unexpected, carry the following items around all the time:

- Tissues, baby wipes, toilet paper and other hygiene items
- Sweatshirt/hat for inclement weather
- Water bottle
- Flashlight
- Pad and pen

HELPFUL TIPS

1. **Pack Light** In past years, volunteers have found that the less they bring, the lighter the load, and the easier the trip. We can't emphasize this enough; all volunteers are required to handle their own baggage during the trip. Choose a suitcase with locks to keep belongings secure when left in hotel rooms and at work site lodgings.
2. **Pack a small carry-on bag** of "essentials" that contains your money, passport, visa, keys, camera, eyeglasses/contacts, medications, toiletries, fragile objects, and other items needed to get through one morning should your luggage stray.
3. **Line your luggage** with plastic to protect contents from leaks/water damage.
4. **Conserve space**, fill shoes with socks and handbags with small items that need extra protection.
5. **Create an inventory** of all the things you plan to take. This will alert you if you're taking too many things, and remind you of what you have brought once you arrive. It will also help jog your memory when filling out customs declarations (and filing insurance claims should there be a loss).
6. **Label your luggage**, both outside and inside.
7. **Be aware of airline baggage and weight policies.** Every airline now has its own policy and fees. Take carry-on luggage that does not exceed the size and weight restrictions for storage for your airline.