
Live Different Builds Packing List

Please note a country-specific packing list will be sent out 4-6 weeks prior to your Live Different Build

- ☐ **Passport** - Please bring a photocopy of your passport with you. It's a good idea to bring photocopies of all your important ID in case of an emergency (passport, birth certificate, residency visas, health card, insurance policy, etc.). This is a precaution just in case your passport goes missing while traveling. Please keep your photocopies separately from the actual documents or pass them on to a Live Different Staff after your arrival. They will be returned to you before you're heading home. You must have a valid passport to travel to each destination.
- ☐ **Clothing** - The climate in the countries we work in is usually very hot and humid (especially while working/building). You will want to bring shorts, t-shirts, tank tops, light clothing, and sandals. Your work clothes are going to get really dirty, so please be prepared for that - wear old clothing you don't mind getting ruined. Most evenings there will be fun activities so please feel free to bring fun summer outfits to relax in. Don't forget something a little warmer too for those cooler days/nights. We recommend bringing conservative length clothing for the worksite as you will be bending a lot and on ladders (ie: higher cut tanks, thicker straps, reasonable length shorts).
- ☐ **Footwear** - While onsite you must wear closed-toe/heel shoes (sneakers work great, but feel free to bring work boots if that's more your style). They will get very dirty and you may want to consider bringing a second pair of shoes for downtime and excursion/activities. Sandals and/or flip flops are not permitted on the worksite.
- ☐ **Non-disposable Water Bottle** - Everyone must bring one and we'll make sure they are cleaned everyday.
- ☐ **A Hat or Bandana** - The sun is hot and we want to prevent heat exhaustion, Live Different strongly recommends bringing a hat or bandana...or both!
- ☐ **Work Gloves** - Bring 2 pairs.
- ☐ **Toiletries** - Toothbrush, toothpaste, soap, shampoo, and anything else you'll need during the trip. Please note the accommodations often do not have face clothes. Loofahs are a great consideration for helping to wash away dirt and cement.
- ☐ **Sunblock & Lip Balm (With a minimum SPF of 30)**
- ☐ **Bug Spray with Deet & After-bite** - We recommend a bug spray with a minimum of 30% DEET.
- ☐ **Hand Sanitizer & Wipes**
- ☐ **Sunglasses**

- ❑ **Electrolyte Powder/Drops (Gatorade or similar)** - You're going to be working hard in the heat and you will be drinking a lot of water and add some electrolytes to your water bottle at least once a day - we want to make sure that everyone is well hydrated.
- ❑ **Medication and Prescription Medications** - Make sure you have enough medication for the duration of the trip. All medications must be kept in their original container(s). Remember to bring items like Gravol, Imodium, Tylenol, Benadryl, Band-Aids, Pepto Bismol, etc. that you may need during the Build. Don't forget to pack these items in your hand luggage.
- ❑ **Swimwear** - There may be opportunities to go swimming during your Build.
- ❑ **Small Backpack** - To take sunscreen, wipes, etc. with you when not at the accommodations.
- ❑ **Snacks** - If you have dietary needs/restrictions or just want some comfort of home, please bring some snacks to eat between/with your meals, and to keep in your room.
- ❑ **Gifts/Donations** (NOT required)- Live Different would never want to discourage a desire and passion to make a difference, we simply want to ensure that those good intentions really do become an empowering and lasting investment, showing dignity and respect to individuals, families, and communities we work in. After years of working in various communities and countries, we found that simply giving out donations rarely meets long-term needs, and doesn't build a sustainable, caring relationship between Live Different and the communities we work in. **For this reason, we ask that our volunteers don't bring any physical donations with them on their Build.** Included in your minimum fundraising goal are funds to purchase start-up items for the project/family, such as groceries or other household items. If you want to help in the best way possible consider raising funds beyond your minimum fundraising goal instead of purchasing/collecting physical donations back at home. All funds that exceed the minimum fundraising goal go towards our Community Development Fund which exists to address dire needs within the communities we work in. If you have any questions regarding this topic please don't hesitate to reach out!
- ❑ **Raincoat and Umbrella (optional)** - From time to time there can be rainy days in our host countries.
- ❑ **Camera (optional)** - Your phone camera is often enough, however you could bring a camera. Please note that Live Different staff will be snapping photos during your entire Build.
- ❑ **Dictionary (optional)** - In the Dominican Republic and Mexico the official language is Spanish. In Haiti it's Creole, a mixture of French and African dialect roots. And in Thailand it's Thai.
- ❑ **Books, magazines, a deck of cards or travel games (optional)**

*****Live Different is not responsible for any lost or stolen items during your travels and during the Build. Your items are your responsibility. Feel free to put your name on everything. *****