

# Volunteer Advisor

## Preparing you to volunteer

### Checklist 3 – What to take with you (general list)\*

Item to take	How many?	Am I packed?	Item to take	How many?	Am I packed?
Waterproof rucksack/backpack			Waterproof coat		
Shorts			T-shirts/casual working tops		
Warm clothing - jumpers/fleece			Waterproof trousers		
Underwear			Trousers for working		
Trousers/jeans/skirts			Swimwear		
Rubber (wellington) boots			Comfortable footwear		
Walking shoes/boots			Shampoo, soap, shower gel		
Deodorant, talc			Toothbrush & toothpaste		
Hair items - brush/comb/etc			Razor, shaving foam		
Hat/cap to protect head and face			Flask/water bottle		
Condoms			Personal medications		
Money belt			Camera		
Cheap watch			Tent		
Personal water treatment tablets			Sleeping Bag		
Sun protection cream			Mosquito net		
books/magazines			Insect repellent		
ipod/mp3 player			Pain killers		
Accommodation details			Diarrhoea tablets		
Flight tickets			Sugary sweets		
Travellers cheques/money/cards			Passport (+ visas if appropriate)		
Emergency numbers list			Travel insurance card/details		
Language phrasebook			Destination guidebook(s)		
Small torch			Detergent for clothes washing		
Spare			Spare		
Spare			Spare		
Spare			Spare		
Essential first aid kit -sterile needles, bandages, plasters, antiseptic cream					
Copies of important documents such as passport, travel insurance details, volunteer placement details, volunteer organisation contact details, etc.					
Spare					
Spare					
Spare					

\*note: not all of the clothing on this may be relevant to your volunteer placement. What you need to take does depend on what you are going to do. For example you may not need a tent and sleeping bag if you are teaching English in a city, accommodation provided and you have no intention of travelling elsewhere where you may need that equipment.