



## 2015 Packing List: Andahuaylillas, Peru

**In the spirit of living counter-culturally in JVC and with the goal of living simply in solidarity, we invite you to consider the packing list here (compiled with the input of JVs in the field), through the lens of the following questions:**

- How is what I am bringing demonstrative of my intention to immerse fully into the local culture and live as they live?
- How is my approach to packing reflective of a commitment to being dependent on the resources locally available to purchase?
- How might what I bring debunk or reify negative stereotypes about U.S. Americans living, traveling, or working abroad? How can I learn what those are, generally, and in my particular host country?
- How might what I bring into the JV house affect security, perceptions of security, especially knowing that it is easy to observe when new, “green” JVs are arriving, how much luggage they are bringing, etc.?  
*\*Also please note the baggage policy on page 18 of your handbook*
- What items may be more advisable to purchase in-country, after receiving local perspectives on what is most culturally appropriate? *e.g. volunteers in the past who have chosen to not purchase work clothes in the U.S., rather put their stipends towards having clothes or uniforms locally made or bought, have tended to be perceived as dressing more appropriately in the local culture, often find they receive more respect (from local students, co-workers, supervisors, etc.) initially from the local community by seeking out advice and reflecting this sensitivity to culture*
- What items may I perceive as necessary, though would be a privilege to have (not because of cost but because of access)?
- How might I consider adapting certain habits rather than looking to continue them? *e.g. bringing a 2-yr supply of contact lenses and solution to circumvent that they are not available; consider adjusting to glasses all or most of the time*
- How might the choices I make in items I bring have the potential to hinder (intentionally or not) my ability to bridge the gap of power and privilege between my co-workers, local neighbors, etc. and me? *To reinforce perceptions that foreigners think local resources and resourcefulness are ‘substandard’? e.g. bringing a year’s worth of teaching supplies to be able to carry out my job well – well intentioned and a positive effort towards a strong work ethic, though also begs the question of what does that mean for co-workers who reply on what the school can provide or not provide? Their perceptions of your resources? How they might perceive your openness (or lack thereof) to learn from their resourcefulness, accept their conditions as is, be willing to sacrifice to learn new approaches to teaching and/or understand their educational systems?*

**We also encourage utilizing the handbook as a tool for reflection, here are a few sections that could be helpful in framing how you approach packing:**

- Pg. 24-25 (Appendix A, section B. Simple Living)
- Pg. 16-17 (5.G. Living Simply with Technology)



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### Packing List with JV input

In Andahuaylillas, the weather in the summer alternates between intense rain and intense sun (December - March) During the winter months, it is colder but dry (June-August). Because of microclimates, the intense cold felt often in the city of Cusco does not reach the valley of Quispicanchi. But it should be noted that without central heating, homes and buildings are colder than we're used to.

Make sure to bring sturdy clothing. There is a washing machine at the parish, although we also hand wash sometimes. Hand washing wears out the fabric more quickly and sun drying tends to fade colors -- so don't bring your nicest outfits. Be sure to bring a lot of underwear and socks in particular because those are always the first to go. JVs have found that bringing enough underwear for 2-3 weeks is sufficient.

**Very important:** Because every road in town is paved with river-rock, practical footwear is a must. Shoes should have thick soles and good support. The three most important types of shoes you can bring are: hiking boots (both for in town and excursions in nature), sturdy sneakers (really though, make sure they're sturdy!), and a pair of nicer shoes for parties, etc. You should also bring at least one pair of shoes that are water resistant for the rainy season (water-resistant hiking boots, shoes, or rubber rain boots, for example).

In the sierra, people are more conservative and therefore there are certain things that we are discouraged to wear. Even though it gets hot in the middle of the day, all shirts should have sleeves and shorts should not be worn. Capris are ok for women. Expect to wear jeans and other long pants year round. To summarize: NO cleavage, NO showing of shoulders, NO showing of legs above the calf, NO tight clothes (i.e. leggings). These items would be impractical anyway. The rules are a bit more lax in Cusco because it is a tourist haven, though keep always in mind that you may be recognized as a JV or as someone who works with the Jesuits. In travel outside of Cusco/Andahuaylillas, shorts and tank tops are fine to wear on the coast and in the jungle.

In terms of staying warm, we recommend fleeces instead of sweatshirts just because they are easier to wash. That said, if you have your favorite hoodie bring it anyways. You will wear fleeces daily, so consider bringing an extra so that when you're washing one, you're not freezing, and when you're wearing one, you're not stinking. A rain jacket and a light winter jacket are also recommended, but not those monster puffy jackets. There's no snow where we are to give you a sense of how cold we're talking about. Thermal leggings/long underwear/under armor-like material are all the rage in the Anda JV house and actually help with the cold A LOT! Scarves, gloves, house slippers, and hats are also nice for the colder months but are things you can easily acquire here.

Swimwear should also be brought not only for our visits to the beach in Tacna but also for the thermal baths that are around Cusco – you never know when we'll get a chance to go! In the same vein, you should also bring a HAT, sunglasses, and SUNSCREEN for sun protection (seriously! we're like a mile from the sun here – you will need more sun protection than you may realize).

If you have any particular sports/exercising habits that require special attire, bring that too.

For travel and retreats, we use our sleeping bags, travel towel, and headlamps regularly.



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### Highly Recommended Personal Items:

- For clothing in general, think layers (long-sleeve shirts, T-shirts, light jackets, fleeces, etc)
- Lots of underwear and socks! Bring plenty of warm socks for daily use, such as thick wool or hiking socks
- **Sleeping bag** (we often get to go camping or on local pilgrimages where you sleep outside, so try to make sure your sleeping bag is pretty warm, but no need to go out and buy a fancy one...i.e. for 15°F or below)
- **Sturdy water bottle**
- **Sunscreen!!** (it's expensive here and you will use it every day)
- **USB (this is INVALUABLE)**
- **Flashlight** (headlamps are also very popular)
- Bug repellent (for travel because we don't have bugs really)
- **Contact solution** (very expensive and hard to find here)
- **Chapstick and lotion for the dry mountain air**
- **US stamps** (we often send mail back with people traveling to the States), stationery, and **addresses of friends and family**
- Watch
- Sunglasses and HAT
- Flip flops for the shower
- Slippers/ house shoes
- **Tampons** (very expensive and hard to find here) **or reusable menstrual cup**
- Vitamins, Pepto Bismol, Ibuprofen, Cortisone cream, Band-Aids, Neosporin, etc.
- Camera and charger
- Backpack (for smaller trips)
- School bag (a light tote)
- Adapters for your electronics if they don't run on 220V (we haven't had the need for an adapter with our minor electronics, but consider the voltage requirement if you have electronics that might require higher)
- Travel mug if you're a regular coffee/tea drinker
- **Quick-drying travel towels** (sold at REI or similar outdoor stores)
- Hand sanitizer (helpful for work sites)
- Extra copies of your passport
- Small alarm clock or watch alarm
- Pictures of family/friends
- Journal
- Extra Batteries for headlamp, alarm clock, etc...
- light rain jacket
- hiking boots
- scarf, hat, and gloves for the colder months
- Second pair of glasses if you are glasses dependent
- personal Bible if you wish
- swimsuit (a conservative option is helpful)
- Steripens are nice for traveling but not a necessity (we use Iodine tablets)
- Small musical instrument/sheet music if you're a musician (we have guitars)
- Any prayer/community resources you think might be helpful for community/spirituality nights



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Clothing (Work site specific): In Andahuaylillas, the work atmosphere is pretty relaxed. For teachers and those working at the parish, the expectation is to be clean and presentable but not necessarily formal. Nice jeans (not too tight or baggy, no holes/rips) and khakis with nice shirts are recommended for both work sites. Peruvians pride themselves on not being sloppy, so we recommend bringing jeans and khakis that do not have holes in them. By nice shirts, we mean something with a collar for men (like a polo shirt) and for women something nicer than a T-shirt (this mostly applies to teachers). For those working at the parish, be sure to bring clothes you're getting dirty in and plenty of t-shirts, and save your nice shirts for outside of work – aim for comfort but not sloppiness (for example: T-shirts are fine, but not leggings or ripped pants). Every once and a while we will have to be more professional looking for presentations, weddings, baptisms, etc... and for that the men should bring at least one button down shirt and a tie (no need for a suit jacket) and the ladies should bring a nicer shirt to be worn with black pants. While we are talking about presentation, it is worth mentioning that JVs should be well groomed. It's ok to grow a beard every once and a while, but please keep it neatly trimmed.

Toiletries: Almost all basic toiletry items can be found in Cusco for relatively cheap prices, but if you prefer any specific brands of shampoo, face wash, etc you might want to bring some with you. Tampons are difficult to find, so stock up or consider other options such as reusable menstrual cups or pads (ie the Diva Cup). Sunscreen is expensive and we use a lot of it when travelling, so bring a good supply. Make sure to bring as much of your prescription medicine as possible. We have not found options for getting prescriptions filled. Also, bring a good supply of contact lens solution, as it is very expensive.

### Computers/electronics:

We have regular computer/email access at the parish and school. For Skype, the parish has a camera with a microphone. Some volunteers have also brought their own small speakers to have in their bedrooms. Additionally, some volunteers have brought an external hard drive to store photos or other data.

Whether or not to bring iPods, cameras, laptops, external hard drives, and other electronics is a personal choice, though we encourage the careful discernment of the use of them. Some volunteers bring all of those mentioned, some volunteers bring none. They can be useful tools for service, telling one's story, self care, or personal relaxation and entertainment and can also be a crutch, distraction, and privilege which may alienate a volunteer from the local culture and experience.

Linens: The volunteer house in Andahuaylillas already has sheets and pillows for all the beds. If you are particular about that sort of thing, you can bring your own. The parish also has towels for JVs to use while here.

School/work supplies: Most school supplies can be found here pretty cheaply, but it's not a bad idea to bring a few basics to get you started if you're going to be teaching. Lots of pens (blue/black and red), pencils, a notebook or two, tape, and extra white board markers are always good to have. The JVs who teach, all have their own systems for organizing grades, lesson plans, etc, so you might want to think about what system will work best for you and bring any necessary materials (i.e. official grade book or planner) from home. The school provides grade books, but lesson planners can be very helpful. As for the JVs working in the parish, the most helpful tool you could (and should) bring from home is a USB drive, although it can also be purchased here. Many times we work



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on the computers and it is helpful to have your documents in portable form as some of the computers lack internet access. Most other supplies are available to us in the parish.

**Money/credit cards:** In general things are very cheap here in Peru, and we have found our monthly stipends to be more than sufficient for our personal expenses. Some volunteers feel more secure traveling with ATM/credit cards, but they are definitely not necessary and should be left at home if they'll be a temptation for you.

**Sending packages to Perú:** Anything weighing less than **3 pounds** can be sent through the mail with an official slip (green) that you get at the post office. Packages with this slip will arrive in a short period of time (1-3 weeks) without going through customs. Tell whoever might be sending you packages to value the package **UNDER \$100** otherwise you will have to pay some major taxes. We highly recommend the under 3 pound rule as it prevents you from having to go alllllll the way to Cusco to pick it up in person.

**DON'T FORGET:** PASSPORT, prescription medicine.

**A LITTLE ADVICE ON PACKING:** Try to pack light. Don't bring your entire medicine chest (we have a sufficient supply of things other than already mentioned) or wardrobe. The idea is simple lifestyle! Also don't worry about bringing too many books down. We have stolen much of Tacna's library and currently have a nice selection of books from a variety of genres (same with games and movies). Don't stress about packing for two years since it is relatively easy to find all of our needs here.