



ORIENTATION PREPARATION

PACKING LIST FOR YOUR TERM OF SERVICE POHNPEI, FEDERATED STATES OF MICRONESIA 2019

Are you excited to head to your city of service? Are you looking forward to forming relationships while living in community? Fantastic. By entering the Jesuit Volunteer Corps, you are committing to a simple lifestyle and to being present for others. Material things can sometimes cloud that commitment. We invite you to use our resource “Packing Intentionally for JVC” to help with your decision-making while packing for your term of service. Below you can find a list of recommended items to pack, created by years of Micronesia JVs, to make things easier, too:

Kasehlie maing ko!

CLIMATE

Pohnpei is a sub-region in Oceania, near the equator, meaning it is hot, humid, sunny, and rainy. As you would expect, light tropical clothing is the norm all year in the FSM. See the list that applies to you for guidance.

WOMEN-IDENTIFIED:

Womxn in Micronesia tend to dress conservatively but this is changing, especially in Pohnpei. Laundry is done weekly, usually Sundays, and you will sweat a lot so pack accordingly.

For work, you have several options:

- Mwuhmwuhs (adapted from mu‘umu‘u in Hawai‘i) are brightly colored dresses that fall below the knee. These are provided since there is a collection from past JV’s.
- Urohs (local skirt) also fall below the knee and are usually worn at the waist. They tend to be either the traditional black fabric with embroidery on the bottom or brightly colored fabric. These are also provided since there is a collection from past JV’s.
 - If you would like to wear urohs to work then it is recommended that you pack some basic colored tees.
- Personal clothing. You may choose to bring your own work attire but your shoulders must be covered and all dresses or bottoms must fall at or below the knee.

MEN-IDENTIFIED:

The dress code is similarly conservative but causal. Laundry is done weekly, usually Sundays, and you will sweat a lot so pack accordingly.

For work:

- Light cargo shorts or pants for teaching. Acceptable colors include khaki, green, or blue.
- Short-sleeved button up or polo shirts.
- Short-sleeved dress shirts for formal occasions like funerals or work dinners.

ALL:

- Athletic shorts and t-shirts is usually the everyday attire. Shorts are typically worn under muumuuhs and skirts. A couple should be longer to wear around town if you choose. Pack at minimum 7 shirts and shorts.
- Sweat pants to wear around the apartment or in the evening. The windy season does get cold.
- Nice sundresses, light shorts and/or pants that are not short. Use your best judgement.
- Tank tops. Preferably limited cleavage.
- Underwear: Pack at least 2 weeks' worth of your preferred underwear, and at least 7 bras/sports bras/brallettes.
- Slippers/Flip flops will be worn every day, even at work. You can pack a comfortable pair or buy them on island. Fancy footwear is not necessary, sometimes we teach barefoot.
- Shoes and socks for hiking or running
- Swimsuit/Swim shorts (1 or 2). On island, you will usually swim in a t-shirt and shorts. Pack a rash guard if you burn easily.
- Light rain jacket (1)
- Sweater or long-sleeved shirt (1 or 2)
- Hat, sunglasses, and WATER BOTTLE
- Simple jewelry and hair ties/bandanas/combs/brush
- Light work/travel bag such as a backpack or any over-the-shoulder bag

HEALTHCARE / HYGIENE:

All healthcare and hygiene products are costly on island. For many of these products it is recommended that you purchase enough to last you at least a year's worth of supplies. **You may send a package to the community address prior to your arrival to save room in your luggage.**

- Shampoo, conditioner, and body wash is available on island. Consider purchasing shampoo or conditioner bar soaps to limit waste. Do not pack body wash unless necessary.
- Consider packing enough deodorant, facewash, toothbrushes, floss or other care products that will last you two-years. These are very costly in Pohnpei.
- Feminine care products are costly and limited on island. If you use a specific brand or type, pack a large supply. (You can also stock up on the free supply of pads/tampons at Orientation!)
- A two-weeks supply of your prescription medication should be placed in your carry-on in case your luggage is lost. Include documentation as necessary (name on container should be sufficient).
- Contact solution and glasses (2 in case one is lost, broken or stolen)
- Vitamins if they are a part of your routine
- **Things that are available here** (pack if you have a preferred brand):
 - Basic medicines and products like creams, Band-Aids, Tylenol, aspirin, cold & flu medicines are available on island and may be purchased with the community budget
 - Bug spray and sunscreen
 - Lotions and body spray
 - Bedding and towels will be provided

ELECTRONICS

- Camera/Go-pro
- Cell Phone
- Laptop

- Flash/Hard Drive

MISCELLANEOUS

- Addresses of loved ones you might want to write to and envelopes
- Pictures or other items from home
- Small gift for your host family from your hometown (optional)
- Headlamp/small lantern (optional)
- Books/Games/Hobby Items (we have novels, games and cards available here)

DON'T FORGET!

- Passport!

A LITTLE ADVICE ON PACKING

Our best suggestion is to **pack light**. The apartment is small and you will not need much here in Pohnpei. Whatever you bring, be okay with it returning home damaged or not at all. If you have any concerns about specific items please contact us, your community mates. **Aiamwahu!**