



## ORIENTATION PREPARATION

### PACKING LIST FOR YOUR TERM OF SERVICE ANDAHUAYLILLAS, PERU 2020

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 Andahuaylillas JVs, to make things easier too:

**Note: \* means this item is option and may be helpful, but not necessary.**

#### CLIMATE

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 often felt in the city of Cusco does not reach the valley of Quispicanchi, but without central heating, homes and buildings are colder than we're used to. While it doesn't snow here, it can feel very cold once the sun goes down. At high altitude, we're very close to the sun here, so you'll need more sun protection than you realize.

#### THE BASICS

In the Sierra, people are more conservative and therefore there are certain things we discourage wearing around town. Although it can get hot in the middle of the day, we tend to wear jeans year-round, and recommend more modestly cut shirts (no plunging V-necks) with some sort of sleeves. Tank tops and shorts are okay for travel outside of Andahuaylillas (i.e. the coast, jungle, or Lima in the summer months), but not something we suggest wearing around Anda. It isn't uncommon to see women in leggings around town, but it's not an appropriate fashion choice for female volunteers. Leggings are encourage around the house. Don't bring anything you would hate to ruin, but bring a few nicer outfits for special occasions like going out with friends, going to Cusco, or special events. Because every road in town is paved with river-rock, practical footwear is a must. Shoes should have thick soles and good support. Beware: It's hard to find any shoes larger than a men's size 90. If you have large feet, bring all shoes with you!

**CLEANING:** 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. Bring a lot of underwear and socks, because those are always the first to go.

- Light rain jacket
- Warm winter jacket, scarf, hat, and gloves
- Layers (under armour, thermals, long-sleeve shirts, t-shirts, light jackets, fleeces, etc.)
- Leggings/thermal base layers, long underwear (for under jeans/pants or around the house)
- Jeans

- Tank-tops and shorts (for travel)
- A few nicer outfits for special occasions
- Swimsuit
- Lots of underwear and socks! (2-3 weeks' worth)
- Flip flops for the shower
- Slippers / house shoes (the house has concrete floors and they get COLD)
- Hiking boots (for in town and excursions in nature, waterproof highly recommended!)
- Sturdy sneakers
- Athletic sandals (i.e. Chaco, Teva, Keen)
- Durable everyday boots (for teaching, going into Cusco, etc.)
- Water resistant shoes for rainy season (water resistant hiking boots are great)
- \* If you would like to play soccer, cleats might be helpful!

### **WORK**

Most volunteers will be working with children, so bring comfortable clothes you can move in.

**Fe y Alegria:** JVs should dress professionally, but casually: sweaters, casual shirts, khakis, jeans, and comfortable shoes (casual boots or sneakers). Layers are important—it can be freezing in the classroom and blazing hot in the sun.

**The Parish:** Parish volunteers should bring similar work attire to that of the school volunteers and clothes that can get dirty, especially for working in the comedor.

### **SCHOOL / WORK SUPPLIES**

All essential school supplies can be found here. That being said, JVs who teach all have their own systems for organizing grades, lesson plans, etc., so you might want to think about what will work best for you and bring any necessary materials (i.e. official grade book or planner) from home. For JVs working in the parish, the most helpful tool you should bring from home is a USB drive.

### **TOILETRIES**

Almost all basic toiletry items can be found in Cusco, but bring any specific brands you prefer. Face wash, face and body lotion, deodorant, and mouthwash (especially the fluoride kind) are expensive here, so bring some to get started. The house has a hair dryer, so no need to bring your own.

- Travel-sized toiletries (in reusable bottles for weekend travel and retreats!)
- \* Tampons (difficult to find, expensive – Stock up at Orientation! / Consider a menstrual cup?)
- \* Hand sanitizer (helpful for work sites/travel)
- \* Contact solution (expensive, hard to find – consider switching to glasses full-time?)
- \* Hair ties (we have a lot in the house already)
- \* Chap stick (we have many unopened in the house already)

### **MEDICINE**

Make sure to bring as much of your prescription medicine as possible. We have not found options for getting prescriptions filled. The house already has a good supply of basic first-aid materials.

- Prescription medications
- \* Lifestraw / Steripen (not necessary, but nice for travel)
- \* Vitamins, Probiotics, Pepto Bismol, Ibuprofen, Cortisone cream, etc.

### **ELECTRONICS**

We have regular wi-fi/computer/email access at the parish and school, and there is a camera with a microphone available for Skype. That being said, we suggest that you consider bringing your own personal laptop. The computers can get viruses and go down, so having your own device to connect through an Ethernet cord can be helpful. Laptops are great for working on things at home, such as lesson plans. In that vein, we can't stress enough how important a USB with anti-virus software is for transferring documents around. The decision of whether or not to bring iPods, speakers, external hard drives or other electronics is a personal choice, and we encourage the careful discernment of the use of them. Some volunteers bring all of those mentioned and 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.

- USB (at least 2)
- Watch
- Small alarm clock or watch alarm
- \* Camera and charger
- \* Extra batteries or rechargeable batteries

### **MISCELLANEOUS**

The volunteer house has sheets and pillows for all the beds, and the parish has towels for JVs to use.

- Hat (recommended wide-brimmed sun hat), Sunglasses
- Sleeping bag (something durable and warm, may be used outside)
- Quick-drying travel towel
- Reusable water bottle
- Flashlight (headlamps are also very popular)
- U.S. stamps (to send mail back with U.S. visitors), stationery, addresses of friends and family
- Larger backpack for weekend trips
- Smaller bag / backpack for weekly trips to the market
- Bag for work and day trips to Cusco
- \* Sunscreen (already have a lot in the house), Aloe
- \* Bug spray (for travel, not necessarily around Anda) (already have a lot in the house)
- \* Travel mug (if you're a regular coffee/tea drinker) (there is one extra in the house)
- \* Pictures of family/friends (you can develop photos here as well)
- \* Personal Bible (if you wish)
- \* Favorite books and games (We have stolen much of Tacna's library and currently have a nice selection of books, games and movies, so check with us first!)
- \* Small musical instrument/sheet music if you're a musician (we have a guitar)
- \* Any prayer/community resources that might be helpful for community/spirituality nights
- \* Sports/Exercise equipment (We have a yoga mat, homemade weights, and a few fitness DVDs. If you're an avid rock climber, consider bringing your gear, or if you normally use poles when you hike, think about those too!)
- \* Simple self-care items, like your favorite tea (we have an ample supply already, and most are easy to find here), a scented candle, art supplies, journal, small items to decorate your room, etc.

### **MONEY / 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.

**MAIL**

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 all the way to Cusco to pick it up in person (about an hour bus ride). Ask us ahead of time if we have any friends or school groups that are coming into Cusco. It is a much more reliable means of getting things delivered.

**DON'T FORGET!!**

- PASSPORT and extra copies
- Prescription medications