JESUIT VOLUNTEER CORPS

DARE TO CHANGE

ORIENTATION PREPARATION

PACKING LIST FOR YOUR TERM OF SERVICE
CHUUK, FEDERATED STATES OF MICRONESIA 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 Micronesia JVs, to make things easier, too:

Note: * means this item is optional and could be helpful, but not necessary.

CLIMATE
FSM is a tropical nation, and "tropical" needs little explanation: very warm, sunny, and humid.

THE BASICS
Clothing in FSM is generally casual: long pants for men, conservatively cut skirts and dresses for women. Generally neat appearance and attire is expected for everyone. It's important to be clean and smell good at all times, so consider cologne, body spray, lotion, and fragrant soap. In Micronesia, people like "style" so wearing accessories, jewelry, sunglasses, hats, belts and sneakers, is super cool. We have a washer / dryer on Xavier's campus, but they are not gentle. Avoid delicate materials and white clothing. Bring good, sturdy clothes and not your favorite outfits.

- T-shirts (for every day wear, weekends, sports etc., including a few plain white t-shirts)
- Light rain jacket and umbrella
- Sweatpants and sweatshirt (you'll get cold in your second year or on trips to other islands)
- Hat / sunglasses
- Sneakers (for sports, etc.)
- Flip-flops / zorries / sandals (available for cheap, but good to bring a few with you)
- Water shoes / sandals to protect feet from sea urchins / broken glass (Chaco, Teva, Keen) (Note: You won't wear these on a daily basis because it's custom to take your shoes off when entering and exiting most rooms, including your classroom.)

WOMEN:
Most women wear dresses called mumus that are native to the region. Traditional skirts and mumus are already available in your communities to wear (not necessary for you to bring from the states). Women at Xavier are asked to wear mumus to mass on Sunday, but you may choose either dresses or skirts for teaching. Generally, women in Micronesia dress conservatively at all times. Dresses are brightly colored and cover the shoulders, hips, knees and legs. Don't wear anything that is tight or short. Always cover your legs past your knees. For swimming: you won't need a swimsuit, unless you'd like to wear it under clothes, but you'll never wear one on its own. Women are expected to swim in clothing—t-shirt and shorts or skirt. Don't worry—you get used to it! Don't bring wedges / heels / nice shoes—you will never wear them!

- Long skirts (maxi / midi skirts) can be brought, but it's not necessary to go out and buy a bunch!
- Cotton pants / leggings / linen pants (for traveling or wearing around the offices in the evenings, but not an option for women outside of Xavier's campus)
- Short-sleeve blouses or t-shirts (can be colorful or patterned; shoulders should be covered)
- A maxi dress / nicer outfit (for special occasions)
- Tank tops and running shorts (for sleeping and casual wear at home)
- Mesh or basketball shorts (to wear under skirts / mumus on a daily basis (5 pairs)
- Cotton underwear, bras (good bras not easily found here, hooks get destroyed in the wash)
- Sports bras (bring more than you think you'll need!)

MEN:
Xavier requires all male teaches to wear pants to teach. Short-sleeve cotton polo or Hawaiian-style shirts are considered dress shirts for teaching. Hawaiian style button-up shirts are the most popular locally. These are easily available for purchase at stores.

- Khakis / summer-weight pants (for teaching or working)
- Slacks / blue jeans (also options for dress pants)
- Darker colors are easier to keep clean but lighter colors are cooler.
- Knee-length shorts (for casual wear, after school, and around the house – basketball shorts are the most comfortable and most appropriate)
- 100% cotton boxer-briefs (plain boxers NOT recommended—underwear and socks tend to shred, de-thread and lose elasticity because of strong detergents and the heat and humidity)

TOILETRIES
Most toiletries such as shampoo, conditioner, soap, deodorant, razor blades, baby powder and lotions are found in Micronesia, with many familiar US brands, just at a price increase. Bring the special products that you'll need.

- Travel-size toiletries (in reusable bottles for retreats and travel!)
- Tampons / menstrual cup (tampons not available—stock up at Orientation!)
- Gold Bond powder, Body Glide, Tinactin (for everyone, but men get athlete's foot / jock itch)
- A large, durable towel (Xavier will give you a bath towel, but a beach towel is also helpful)
- Hair ties, head bands, bandanas, barrettes, brushes, combs, etc. (most women have very long hair so consider not cutting yours short before coming)
- * Anything for eye or ear care (contact lens solution is not available – consider glasses?)
- * Dental floss, chapstick, hair products or gel, skin care items, hand sanitizer (ask the community what they already have)

MEDICINE
Bring an ample supply of any medications you take regularly. The community keeps a stash of supplies, but you can also get many over-the-counter meds and other medical supplies here. Check with the community to see what is already in the house of the following items: Vitamins, Pain relievers, Cold medicine/decongestants, Stomach meds, Neosporin (bring more than you think you will ever use), Hydrogen peroxide, Band-aids, hydrocortisone cream, and dewormer medication (doctor prescribed - albendazole or mebendazole).

ELECTRONICS
- Extra batteries or rechargeable batteries (expensive here)

- Flashlight / Headlamp (small and portable, plastic is better than metal)
- Laptop Computer (with HDMI port for projectors), Flashdrive(s)!
- * Camera / GoPro (Waterproof is ideal), iPod, Kindle, External hard drive, portable DVD player / external DVD drive (we watch a lot of DVDs), speaker, extra headphones, extra chargers—we all have technology here and use it quite regularly.
- Phone: You can have a sim card installed here, but it is recommended you cancel your plan from the US. We only use our phones on wifi settings (the wifi is not always reliable).

SCHOOL / WORK SUPPLIES

Pens in various colors, tape, magic markers, scissors, pencils, markers, and staplers are all expensive in FSM. Usually communities have a good supply of teaching resources (handbooks, manuals).

MISCELLANEOUS

- Two water bottles (Nalgene / Hydroflask – wide mouth is easier for washing)
- * Small mementos from home, such as photos of family and friends
- A bag / backpack (for school supplies and books)
- Alarm clock (battery type) / Sports watch
- * Pocket knife / Multi-tool
- * Guitar or other musical instrument (check with community to see if there are any already)
- * Self-entertainment: adult coloring books, Sudoku, art/paint supplies, portable games
- * Books and movies (we have a good library here, but it's GREAT to have new additions!)
- * A waterproof bag / dry-bag (for weekend boat trips to other islands, can be bought here)
- * Small, portable mirror to hang in your room (we don't have any here)
- * Jump rope / any portable workout equipment
- * Journal & pens
- * Spices (The food is the same and very bland. Your favorite spices will make the same meals seem new! Common spices are available here.)
- * Snorkel kit ($20 kit from amazon) (We have extras in the house if you don't have your own.)
- * Pop-up hammock (like ENO)
- * Pillow / twin-size sheets (there are sheets and pillows here, but not the comfiest)
- * Initial snacks: protein bars, small snacks, nutritional goodies (it takes a few days for your digestive system to adjust, so it's good to have food your body is familiar with to begin.)
- * Sunscreen (expensive here), Bug spray, and Kleenex (not sold here) (*ask community what they already have of these items*)
- Addresses of friends, envelopes (non-lick variety, or carry in an air-tight container to prevent sticking) Do not bring stamps—stamps are different here.

DON'T FORGET!

- PASSPORT
- A copy of your Social Security card
- Prescription medicine

A LITTLE ADVICE ON PACKING

- You may want to bring a gift for your host family. This can be a memento or a special nonperishable food from your home town or your own family.
- Try to pack light; lots of clothes are left behind by FJVs. Contact your new community for advice before coming. For reference, two of your 2nd-years brought two checked bags and a carry on. One of your 2nd-years only brought one checked bag. They may let you know of

something needed for the house. Make sure you pack extra clothes/necessary items in your carry on – bags have been known not to make it immediately and come in a few days later.

- And for almost anything … if you pack it, be okay with it not returning back to the US (lost, 'borrowed,' stolen, broken, natural elements like salt, water and rain).