

REACH Colombia

Packing list



At the camp, and in town, we will have opportunity to do laundry, so please pack light. No need to bring any detergent.

Each participant will carry a **70L backpack (Provided)** and a **30-35L Day Pack** (Carry-on for the plane)

The weather on the north coast of Colombia is hot and humid. Pack accordingly.

Month	High	Low(°C)	Rain
July	33°	25°	5 days

Casual / comfortable clothes for town and travel

To avoid looking like tourists, no tank tops (men) or short shorts (women) Shorts are fine when at the coast and the beach, and in the city. When visiting various ministries, or when in rural areas, long pants are expected - few will be wearing shorts.

We will be attending a church service one Sunday, but the dress is very casual. Women do NOT need to wear a skirt. We want to avoid looking like the “traditional” gringo missionary. Long pants are a must.

What to bring

2 - Pairs of pants for visits and rural areas (jeans are just fine)

5 or 6 - T-shirts - mix of synthetic or cotton

1 – collared shirt (good for looking slightly dressier, without over doing it)

1 – Long sleeve light shirt - Synthetic is best

2 – Pairs of shorts

Socks – the number that you think you’ll need (min. 3 pairs) Keep them light. Dry feet are very important when hiking. Think of what will work in town, as well as the hike.

1 – Pair of decent everyday shoes – whatever you feel most comfortable

1 – pair of sandals for the beach

in. Think of what you would use when walking around camp.

Pyjamas

Underwear

Hiking clothing - In addition to the clothing suggestions above;

1 – Light fleece or wool sweater for the hike. It can be cool in the mountains

1 - Thin base layer. Mid to light-weight merino wool is best

When looking for clothing for the hike, synthetic is the cheapest option that works well. Avoid cotton – too difficult to dry in tropical climates. The best (but also reflected in the price) is light merino wool.

It will wick water away and you can wear it for days without it smelling. If you're unsure about an article of clothing, bring it to orientation in May, or send us an email.

1 – Pair of quick dry hiking pants

Light waterproof jacket

Hat for the sun

Sunglasses

The shorts you use for the hike can be the same ones listed for the casual clothing.

Hiking Boots

Your hiking boots will be the most important piece of gear. You'll want something that has great ankle support, higher than a shoe, but not like an army boot.

Any outdoor store will have a huge range of very good options. (MEC, Atmosphere, Sport Chek, Trailhead, SAIL)

Make sure you've had time to wear them in. Doing a long hike on the first day of wearing a new pair of boots is never good. Having them for the Adirondacks hike is ideal.

Beach Clothing - In addition to clothing mentioned above;

It will be hot during the day, so be prepared. Bathing suit, shorts and sandals are ideal.

Bathing Suit

Beach towel – this can be used as your normal towel when camping. Please don't bring 2 towels.

Once again, we need to think "light". Therefore, any reading material should not be huge. Magazines are great for sharing and leaving behind.

Other Items

- Bible - put the Bible App on your phone if you bring one. YouVersion is excellent.
- Spanish / English Dictionary App
- Journal / Note book. You will be provided with one upon arrival
- Toiletries - deodorant, soap, small mirror (if you want), toothpaste, toothbrush, shaving items, hair items (shampoo, brush, comb), nail clippers.
- If you wear contacts, bring along a pair of prescription glasses in case you lose a lens.
- Water bottle(s) or 3L dromedary type bag - for the hike, you'll want to be carrying a min. 2L of water.

- Light Sleeping Bag
- Light, compact, inflatable sleeping pad.
- Headlamp and extra batteries
- Sunscreen - 30 SPF is recommended as a minimum
- Chapstick
- Insect repellent – this is a must when working at the camp or doing any hiking in the mountains. You cannot bring aerosol on the plane. Therefore, it needs to be a pump spray or cream. An effective repellent that's not greasy and comes in a cream is Watkins.
- 30 - 35L day pack with ability to keep things dry. If you already have a good pack, think about how you'll keep things dry inside. A drysack will work. If you're looking for something new, make sure the waist strap is comfortable, as this is where you carry the weight of the pack (not on your shoulders).
- Passport and copy of Passport
- Portable games – card games like Uno or Dutch Blitz or others. Talk to some of the others on the group so we don't end up with multiple copies of the same game.

What not to bring:

- Expensive jewelry (rings, watches, dangle earrings, long chains, etc.)
- An overabundance of items
- Expensive clothing that you do not want damaged.
- Snacks – lots of great healthy options in Colombia

What Camp IAWAH provides

- Tents and all camping equipment for cooking
- 65L / 70L Backpack
- Water purifier
- First Aid
- Satellite communication for emergencies
- Cell phone for emergency contact