



## Packing List

Depending on the time of year you will be studying at h.e.a.r.t., we recommend you bring the following items:

- Bible, personal devotional materials, journal
- Modest clothing that can be worn in layers\*
- Modest swim suit for canoe trip
- Sun hat
- Sunglasses
- Rain Gear (especially a good rain jacket that you can wear while working)
- Work Gloves
- Warm Hat/Scarf/Warm Gloves\*
- Rubber Boots or Wet Shoes
  
- Insect Repellent
- Sunscreen
- Toiletries and personal supplies
- Personal Medication
- Ear plugs
- Headlamp and/or flashlight with replacement batteries
- Camera with replacement batteries (you will not be able to recharge batteries during Phase 1)
  
- Bedding\* (including a sleeping bag for the canoe trip)
- Bath towels, washcloths, hand towels for personal use
- Baby Wipes
- Personal Snacks
- Laundry Soap
- Non-electric alarm clock
- Non-electric razor
- Reusable water bottle
- Hammock (optional)
  
- Notebook, pencils, pens, paper, etc.
- Laptop for use during Phase 2 and 3
- Stationary, stamps and address book
  
- Musical Instruments, if desired
- Board or card games
- Morale builders, (posters, wall hangings, personal pictures, etc.)
- One casual dress-up outfit for Sunday services and special occasions (i.e. pants and collared shirt for men, skirt or dress for women)

Please remember that all clothing for h.e.a.r.t. should be modest and practical for work. It is important to be courteous of your roommate(s) by limiting your personal belongings. May we suggest that in addition to your bedroll, please limit yourself to two or three pieces of luggage.

**\*Cabins are not insulated and do not have artificial heat. Coming prepared for the weather with appropriate clothing and bedding is important for your comfort and welfare while staying in the village.**