

ISLA PACKING LIST

Rookies (1st Operation)

A back-pack style bag works best, as we are occasionally on the move. Be prepared to have a free hand to help with team equipment.

- Swim fins
- Civilian clothing (shirts, shorts, underwear, long pants)
- Light rain Jacket (operation depending)
- Civilian bathing suit
- Red bathing suit (women only)
- Towel
- Flip Flops/sandals
- Closed toe shoes
- Toiletries
- Bug spray
- Sunscreen
- Water Bottle
- Medications: (Prescription and over-the-counter like anti-diarrheal, ect.)
- Sunglasses
- Money for meals (non-teaching days), souvenirs, and beverages
- Passport
- Insurance info, printed
- Color copy of passport, printed
- Universal wall adapter/charger
- Chargers for your electronics
- Water-proof wristwatch
- **ISLA uniforms may be distributed to you in country, save space in your bag for items.**
- **Any items from the “Optional List”**

Returning Volunteers (Rookie list and the following)

- Class A
- Class B
- ISLA BDU (the blue long sleeve)
- ISLA Headwear
- Pens/paper personal
- Any items from the “Optional List”
- **ISLA uniform items may be distributed to you, save space in your bag for items.**

ISLA Vets (Above two lists and following)

- Laptop
- Charger
- Dongle/USB cords
- Power strip
- White board and markers, w/ painters tape
- Personal First Aid Supplies (Epi pen, Hemostasis kit, pocket mask ect)
- Go Pro and accessories
- Paracord
- Knife
- Sharpies
- Black Duffels x2: see ISLA ACADEMY EQUIPMENT BAG LIST on Dropbox for details. Training academy files -> Academy Documents

Optional List

- Aloha shirt (Looking good!)
- Electrolyte tabs
- Luggage Locks
- Water purification

- Lifeguard gear to trade
- Gifts/candy/stickers for locals
- Instant coffee
- Alcohol from your home country to share
- Backup sunglasses
- Hammock (operation depending)
- Sleeping sack/light sleeping bag (operation depending)
- Clipboard (operation depending)
- Foam earplugs for sleep/flight
- Dive mask
- Tide pen or wipes for stains
- Wetsuit (operation depending)
- Sim card/international phone plan