

Packing Checklist

for volunteering abroad

Essential Travel Documents

- ☐ Passport (valid for at least 6 months)
- ☐ Visa (if required for your destination)
- ☐ Flight confirmation (printed + digital)
- ☐ Travel insurance certificate
- ☐ Vaccination record (if applicable)
- ☐ Copies of passport, insurance, and ID
- ☐ Emergency contacts (printed + saved)

Health & Hygiene

- ☐ Prescription medications
- ☐ Insect repellent (DEET-free)
- ☐ Reef-safe sunscreen
- ☐ Hand sanitiser + wet wipes
- ☐ Rehydration salts & basic first aid kit
- ☐ Toiletries (biodegradable if possible)
- ☐ Menstrual hygiene products
- ☐ Tissues / toilet paper (travel packs)

Clothing (Adapt to Climate & Program)

- | | |
|--|---|
| <input type="checkbox"/> Breathable t-shirts (quick-dry preferred) | <input type="checkbox"/> Closed shoes |
| <input type="checkbox"/> Long-sleeve shirt(s) for skin protection | <input type="checkbox"/> Flip flops/sandals |
| <input type="checkbox"/> Light trekking pants/leggings | <input type="checkbox"/> Swimsuit + quick-dry towel |
| <input type="checkbox"/> Shorts/skirts (modest for village visits) | <input type="checkbox"/> Sleepwear and underwear |
| <input type="checkbox"/> Waterproof jacket or windbreaker | <input type="checkbox"/> Hat + sunglasses |
| <input type="checkbox"/> Warm layer (sweater or hoodie) | |

 **Marine volunteers:** add rash vest, mask/snorkel, fins & dry bag

 **Wildlife volunteers:** bring neutral-colored clothing + boots

Notes

Gear & Accessories

- ☐ Daypack or small backpack
- ☐ Dry bag (especially for island/coastal work)
- ☐ Reusable water bottle (1L+)
- ☐ Power bank
- ☐ Headlamp or torch (rechargeable)
- ☐ Universal adapter
- ☐ Notebook or journal
- ☐ Padlock for your locker/bag
- ☐ Travel laundry detergent or soap sheets
- ☐ Earplugs/eye mask (optional)

Tech & Communication

- ☐ Unlocked smartphone
- ☐ Local SIM or eSIM plan
- ☐ Chargers for all devices
- ☐ SD cards or portable hard drive (if taking photos/videos)

✗ What NOT to Bring!

- ☐ Expensive jewellery or unnecessary valuables
- ☐ Single-use plastic items
- ☐ Too many clothes (pack light!)
- ☐ Strong perfumes/sprays (especially in wildlife areas)
- ☐ High-heeled shoes or formalwear (you won't need them!)

✨ Pro Tips:

- ✓ Pack light — laundry is often available
- ✓ Use packing cubes to stay organised
- ✓ Leave space for souvenirs or donated gear

Want more tips?

Download the full Volunteer Abroad Starter Pack from outreachoverseas.com
or follow us on Instagram @outreach_overseas