

General team information for Volunteer trips

What to bring:

1. Passport & arrival card (given out on flight)

You need a current passport with at least 6 months expiry on it.

We will give you an address for your entry form on your international flight.

2. **Travel insurance** is a good idea if your health insurance doesn't cover you internationally, which most won't, especially for emergency evacuation. We hope to not need it, but emergency evacuation will be very expensive without any sort of coverage and we are unable to cover your expenses if this is necessary.

3. Updated vaccination (these are recommended but not compulsory - pls seek your own medical advice)

- Tetanus
- MMR
- Hepatitis A & B (often can get these together in a shot). Be sure to start early. There are usually 3 rounds of shots several months apart.
- Any other routine vaccinations you aren't up-to-date on.
- Typhoid (taken orally)

4. **Malaria meds** (if you have time in Vila before coming out to Ambrym, you can get anti-malarial tablets much cheaper in Vanuatu at Healthwise pharmacy). Doxycycline 100mg is a good option. Again please seek medical advice on whether or not to take these.

5. **DEET mosquito repellent** (Ray's Tent City sell Bushman's) and **sunblock**.

6. **Water bottle x 2** (if you can get one with a filter inside that's great although we do have a water filter we use in the villages).

7. **Toiletries:** Towels - bring at least one quick dry of your own and another ordinary or beach towel.

A combination shampoo/conditioner/body wash is ideal for in the village. Moisturizers and talc are also very useful. Of course, deodorant, toothbrush & paste are a must. Men - if planning to shave please bring disposable blades. Remember all liquids over 150mls must be stored in your checked in baggage not your hand luggage.

8. **Single bed sheet set** or double bed flat sheet sewn together at bottom/one side. In the months from May through to September you may also need to pack a light blanket or long sleeve top to wear at night.

9. **Sleeping mat** – You may be required to buy or borrow a camping mat. We will advise each team whether this is required or not.

Bring a pillowcase you can put your clothing in to work for a pillow or pack an inflatable pillow.

10. **Torch** - headlamp is best option here. They are available from all camping stores and some department stores. Pack a couple of extra batteries just in case you need them. Batteries need to be packed in your carryon luggage.

11. **Clothing** - pack light, people in the village often share the same 3 shirts with their spouse for years. Don't bring nice things. Your clothes may get stained and torn and generally ruined with village work and washing. Clothing can sometimes take 2 days to dry, so although you don't need much, have enough clothing to last you between washes. Please all pack a small amount of washing powder to wash clothes.

a. Men can wear t-shirts and shorts - 3 of each (shorter shorts are not appropriate here). Swimming can be done in board shorts. A button-up shirt with a collar would be useful for Sundays. We usually don't wear

long pants/trousers at all but you are welcome to bring one pair if you desire to and many village men will wear those Sundays. **(You will need one pair of light long pants if we are clearing bush - we will let you know if this applies to your time with us.)**

b. Women, please bring t-shirts (loose fit), shorts (not short ones) and skirts (wraps are appropriate and very functional) below the knee that you are comfortable working in and sitting on the floor/ground in. Swimming can be done either in clothes or in a loose fitting swim shirt and board shorts. In some villages women can wear pants/shorts but must be knee length. Best option is wear shorts under a wrap type skirt that can be worn when needed.

12. Shoes

a. Some people find that they prefer to have socks and work boots or runners for working but be aware that these may get wet and muddy. We find that one nice pair of thongs or crocs that are sturdy enough for walking/hiking in but also for running around the village are the most versatile and practical footwear here. Shoes are never to be worn in buildings or homes here so bring shoes you can easily remove when going in and out of houses

13. **Hat** or bandanas (you will need something on your head)

Some helpful extras if you like:

- Umbrella
- Camera
- A pocket knife **(don't pack in hand luggage)**

Medical

- Bring a **basic first aid kit**
Non-adhesive dressings, alcohol pads, etc.
- **Travel medicine**
motion sickness meds especially for the boat ride
- Diarrhea meds
- Chewable antacid tablets or liquid medication
- It is recommended that you pick up some de-worming meds at Healthwise in town on your way out. It is very inexpensive.
- **Band-aids** (due to how wet it is there, we have found that **only fabric ones stick**)
- **Ibuprofen and paracetamol**
- Let us know immediately if you have sores or skin issues. These can become infected and a problem very quickly if not treated.

Other notes/considerations:

- **Mosquito net – you may need to get one. We have a few on hand so will let you know.**
- There are a few village houses we use that have cement floors and either wood siding or woven siding. Expect to not be especially comfortable but we'll try our best to make your time enjoyable. Just be aware that our toilet is an outhouse, showering is with a bucket and we do not have electricity or plumbing. Clothes are washed by hand and often stretch out because of it. They do have creatures living in the houses, but your mosquito net will keep them out of your space. There are no dangerous animals or bugs other than mosquitoes! :) (FYI - Vila does have centipedes that sting.)
- Jeans are not comfortable in the humidity and heat here. If you wear them and any other warm clothes on the international flight, feel free to leave them in Vila when you come out to Ambrym.

Money

You will need to provide money for the following:

- a. **Travel to Vanuatu:** For flights from Australia, Baggage allowance is 20Kg
- b. **Food** we will pay this on your behalf to the village. It has formed part of your overall travel costs.
- c. **Travel in-country:** We will arrange transportation from Port Vila out to the village closest to the school where we will be staying.
- d. **Any money for souvenirs, etc. Extra money in cash (a few hundred dollars) for emergencies would be a very good idea.** Even with insurance, most doctors/clinics here require payment upfront and you submit your own insurance later.