**What To Pack**

**Keep in mind that you are traveling by van when you’re here.**

**With people and luggage, there is very limited space depending on the size of your group.**

**Think about trying to survive with carry-on luggage only…**

*FYI, El Paso is about 4000 ft above sea level – the elevation can affect people with breathing or heart issues. You may feel fatigue the first few days.*

**Medications needed** in a clearly labeled container (e.g., inhaler, epipen for allergy)

**Water bottle – Very Important – El Paso is a very dry climate and it’s easy to dehydrate.**

## **Comfortable clothing**

El Paso weather is warm to hot most of the year. Temperature in November - February can vary from 60’s in mid-day to lower 30’s at night. We suggest checking the weather for El Paso a day or two prior to departure and pack appropriate clothing.

Sneakers or hiking boots, t-shirts, polo shirts or other conservative casual tops, jeans, or other casual pants, or shorts during the warmer months. (NOT Daisy Dukes! For the majority of the migrants from South and Central America and residents of El Paso – it is NOT appropriate to wear shorts or skirts that reveal your thighs)*.*

***Summer is very hot (100+), please bring lighter color clothes that will provide sun protection. If you’re doing the hike to Mt. Cristo Rey, bring appropriate shoes for hiking,***

***SUN HAT and sun screen/sun block.***

**Winter in El Paso can be colder (30s to 60s).** Sweatshirts, sweaters, scarfs or jackets may be necessary during winter months.

**One set of casual dressy clothes is appropriate for Mass. Generally, people in El Paso do not wear shorts or revealing dresses to Mass or more formal occasions**

**(cover your shoulders, cover your thighs and mid-section).**

**Personal hygiene products.**

**A healthy, fun, open-minded, prayerful attitude**

#  **What *NOT* To Bring**

 **Weapons of any kind**

 (*including pocket or Swiss Army knives)*

###  **Tobacco is only permitted outdoors.**

###  **Alcohol is only permitted for participants of**

###  **groups with NO members under the age of 21.**

 **Drugs of any kind** *(other than prescriptions*

 *which must be reported on the medical form*

 *and brought in a clearly labeled container).*

 **Stubborn, obstinate, or closed-minded**

 **attitude.**

######  Other Items To Consider

 *Bringing some of these other items might*

 *help you get the most out of your trip.*

 **A Journal**

#####  Camera

 **Sun-glasses**

 ***If you have any questions regarding***

 ***clothing or equipment contact Michael Costello via email encuentroproject@gmail.com***