

Philippines:

- Visa:
 - Get the information about making an application for a visa at <http://www.philippine-embassy.org.sg/consular/visa/important-visa-information/>
 - There are also websites like www.travelvisapro.com which will charge you to do the leg work for you, especially if you are in a time crunch. But, you will still have to complete the same application whether you use a service or deal directly with the embassy.
 - While you may not need them, it's good to travel with 1 or 2 passport photos.
 - Speaking of traveling, consider putting a copy of your passport photo page in each suitcase in case the suitcase is lost.
- Philippine Contact:
 - You will be required to have a local name and address for each trip. Your team leader can get you this information.
 - Keep this information with you when you travel. You will need it to pass through immigration at the airport.
- Medical Information:
 - Immunizations are highly recommended to travel to the Philippines.
 - Please review the CDC website for immunization, health information, and travel suggestions at <http://wwwnc.cdc.gov/travel/destinations/traveler/none/philippines>
- Have a copy of your itinerary for your returning flight with you name on it and a copy of your travel insurance paperwork easily accessible.
- Check the average weather for the Philippines at <http://www.silent-gardens.com/climate.php#.Vp8IPCorlhc>
- Clothes for northern Luzon and Manila during August.
 - For Men:
 - Polo or button up shirts.
 - Khaki's, cargo pants or jeans are all acceptable; shorts are NOT.
 - Wear shoes. Flip flops, sandals, loafers, and tennis shoes are all common.
 - For Women:
 - It is acceptable for one to wear slacks, pedal pushers, or long skirts that are mid-calf or lower. You might want shorts for lounging in your room but likely not in public.
 - Tops should be long enough to cover your hips.
 - Low cut, form-fitting or sleeveless tops are not culturally acceptable. Please only bring tops that have at least a cap sleeve or short sleeve.
 - Bring comfortable shoes; sandals or flip flops.
 - Closed toes shoes are acceptable and you will want them in cooler weather climates and months.
- Check the local weather a couple weeks before you will arrive to see the 14 day forecast at <http://www.timeanddate.com/weather/philippines>. This site also has a time and date calculator.
- Things to bring:
 - Refillable sanitizing water bottle.
 - We recommend this one: <http://shop.camelbak.com/all-clear-bottle/d/1208>
 - Bug spray.
 - Snacks (protein bars, trail mix, candy bars, soft candies, etc.). Chocolate melts.

- Tylenol/Aleve, Pepto-Bismol, Imodium, Vaseline, and other seldom used but useful when needed medications.
- Food will be spicy: bring antacids if needed.
- Towel and washcloth although these will likely be supplied.
- Umbrella, especially in typhoon season (July-September).
- A small Ziploc bag of laundry detergent in case you need to wash clothes.
- A rubber sink stopper/plug for bathroom sinks in order to shave or wash clothes.
- Small LED flashlight: a must!
- A small power strip (250v) is handy and electrical adapter is required.
- Do not bring 110 volt appliances, such as hairdryers, they will not work unless you also bring a "step down" transformer. See this website for more information:
<http://searchdatacenter.techtarget.com/definition/Electric-plugs-for-each-country>
- Helpful Information:
 - You may or may not have air conditioning and indoor heating. If you will be here in cooler months or regions it can be very cold indoors (50-60 degrees) so make sure to bring jackets and wear layers.
 - There will probably be poor, intermittent internet connection and possible power outages. You should be able to communicate with people back home but it will probably not be instantaneous.
 - If you have an unlocked cell phone which will accept a SIM card, GLOBE has good cellular coverage. SIM cards can also be used in tablets to provide 3G or LTE connectivity.
 - The Philippines uses the "A, or B, or C" type electrical plug. A and B are like those in the US. Here's a website with additional information: <http://searchdatacenter.techtarget.com/definition/Electric-plugs-for-each-country>