



2/14/2014

Items Typically Brought from the States

Items some consider hard-to-find or expensive here

Everyone has their own tastes and preferences, but this is a list of items our teachers have appreciated being able to bring back from the States. We included even unusual items in case they trigger a thought.

Most of these items are either more **expensive**, **non-existent**/hard to find, or **better quality** in the States.

Food

- **Peanut butter**
- **Chocolate chips**
- **Brown sugar**
- **Parmesan/cheddar/feta**
- **Ranch/Italian dressing mix**
- **Sugar-free lemonade**
- **Mild salsa**
- **Tea** - fruit-flavored herbal
- **Pretzels**
- **Extract** to make root beer
- **Mapleine®** to make maple syrup
- **Tapioca** pudding
- **Cream of Wheat**
- **Malt-O-Meal®**
- **Spices**, including:
- **Cinnamon**
- **Garlic powder**
- **Pumpkin pie spice**
- **Poultry seasoning**
- **Cream of tartar**
- **Lemon pepper**
- Imitation **bacon bits**
- Bags of **split peas** for soup
- **Special vitamins**
- **Vicks cough syrup**

Toiletries

- **Cosmetics** (name brands)
- **Soap**, especially face wash/soap
- **Shampoo/conditioner**
- **Hair spray / gel**
- Bobby pins

- Contact solution
- Toothpaste (**Crest**, some brands here)
- Toothbrushes (special kinds)
- Tooth care floss/picks (some here)
- **Deodorant** (some brands here)
- **Pantyhose**
- **Tampons/pads**
- Nail polish remover
- Ear plugs
- **Q-tips**
- **ChapStick®**
- **Electric toothbrushes**/refills

Other

- U.S. postal **stamps** – there are always people coming and going, so we usually send mail with them
- **Notebooks!**
- **Vonage** or **Magic Jack**
- Bug spray (some brands here)
- Sunscreen (some brands here)
- Laundry stain removal stick
- Computer **Printer/Scanner**
- Colombian **books/maps** in English
- **Spanish-English dictionary**
- **Spanish language books** (Spanish verbs)
- Bed pillow
- **Fleece sheets**
- **Heating pad**
- **Clothes** (large sizes scarce)
- **Shoes** (large sizes scarce)
- Raincoat

- **Rain boots** - they take up space in a suitcase but I have been glad for dry feet on many occasions!
- Umbrella - it rains here a lot. You will always want it in your bag, so a super small one is what most people go with. You can buy them here as well.
- Bags/Totes - to carry books, markers, papers, etc., from class to class (MS/HS)
- **Greeting/note cards** – the Hallmark store is expensive
- Anything specific that you really want **for your classroom**

Some General Comments

Bring **warm things**. You'll want short sleeves, but ALWAYS bring/wear a sweater or coat. Fleece zip-ups are ideal.

Shampoo/conditioner – it's not horribly expensive here in the long run, but it's still relatively expensive. If you're low on space, you could skip this, but it's nice to have.

You shouldn't need **bedding** unless you want something specific. For example, **pillows** are basically rocks here (in my opinion), so I brought mine down. Also, you may end up with super random bedding (I have two queen- (or maybe full-) sized flat sheets (no fitted sheet) and a queen (or full) sized comforter on my twin size bed. Truthfully, we get a lot of things donated from families from school. We just send a note out saying, "Does anyone have an extra _____ (comforter, blankets, microwave, etc.)?" and someone usually will donate it.