

Philippine Travelers

SUPPLIES & GIFTS TO TAKE (PASALUBONG)!!

THE PHILIPPINES – KNOW BEFORE YOU GO!

Some Helpful Suggestions & Hints What to Take & What to Expect On Your First Visit To Your Filipina, Pinay Pen-Pal or Fiancée

TRAVEL LIST (Items for YOU):

(and Pasalubong) **ITEMS IN RED WE CONSIDER A MUST.**

SUGGESTIONS FOR THE TRAVELER:

- Money Belt or Travel Pouch w/ elastic band. (K-Mart, Wal-Mart, Target, etc.)
- Good Camera
- Film (Suggest at least 8 rolls per week at least 200 speed)
- **Cheap Back-Up Camera (About \$20)**
- **Xtra Batteries (MANY for flashlight, camera, radio, etc.)**
- **Mosquito Spray, Lotion or Repellent**
- **Aspirin or Equivalent (Very expensive in Philippines)**
- Eye Drops
- Nose Drops
- Allergy Medicine (Over the Counter)
- Small Bottle of Hydrogen Peroxide
- Band-Aids (May be within Small First Aid Kit)
- **Mini-Mag Flashlight with Holster**
- Swiss-Style Army Knife
- **Multi-Function Tool with Holster**
- Package of Ball Point Pens
- 2 Boxes of Zip-Lock Bags (Many places have no refrigeration-many ants)
- Kool-Aide or Flavor-Aide (Suggest 25 packs per week-Also keeps the kids happy!)
- Sweet & Low if Needed or Desired (Sugar is common in RP)
- Rubber Slippers (Thongs, Flip Flops or Zories)
- Favorite Soap (3 bars per week)
- Favorite Shampoo (1 per week)

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- Favorite Cologne sufficient quantity
- Favorite Deodorant (1 per week)
- Favorite Toothpaste (1 per week)
- Favorite Shave Cream
- **Seasoning Salts (2 per week or more)**
- Ground Pepper (2 per week or more)
- Onion Powder/diced (2 per week or more)
- Garlic Powder/diced (2 per week or more)
- Any other spices you are used to except salt.
- T-shirts or Tank Tops Will be Primary Wear
- Short Pants
- **Swim Trunks (and Snorkel Gear if Desired)**
- Air Beds are VERY common. (About \$30 at K-Mart or Wal-Mart)
(If traveling to the Provinces with an air bed, suggest getting Queen sized with coils. (Battery Operated Pump suggested, if Possible)
- **AM-FM Transistor Radio / Walkman Type (This is a MUST!)**
- Sony Watchman TV (Some Travelers Take this, not necessary)
- Watch and Small Alarm Clock (Suggest you buy a cheap one just for this trip)
- New Pocket Address - Telephone Book (For People you meet on THIS trip!)
- Business Cards of some sort to pass out.
- International Drivers License. (Available at AAA, no test required)
- Q-Tips (Not only for you, but also to clean heads of video cameras)
- Cologne (Filipinas ALWAYS take note of smell and fingernails! You may often hear someone say something like, "he does not smell bad". This is a COMPLIMENT, not an insult!)
- **One tube of Hydrocortisone for possible skin problems.**
- **Water Purification Tablets depending on where you will be going.**
- **Snorkel, mask, fins and dive socks or shoes!** You're going to a country with some of the the most beautiful oceans, coral reefs and marine life in the world! Why not enjoy it to the most! Be sure to take at least one disposable underwater camera also! (Optional, but after 20 years of travel there, I would NEVER be caught without my snorkel gear!)

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Immediately upon arrival in the Philippines, be prepared to spend about \$80.00 to \$100.00 for a cellular phone. This will get you a basic no-frills phone, already connected, with a few hundred pesos credit on the account already. Not only can people in Philippines contact you, but your family, office or friends in states can now contact you. Also, when you return, you can give the phone to your loved one, so that you can now make contact any time when you return to the states. Later you will thank me 1,000 times for this!! Most families in Philippines do NOT have a telephone! (There are more expensive NOKIA phones available, but at triple or more the price!)

By the way, when you arrive, you will note that the Philippines is now "Bottled Water" and "Cellular Phone" crazy! People in areas where there are no regular telephone lines can now use cellular phones (If they can afford it). Most cellular phones in Philippines are pre-paid, and are usually serviced by SMART or GLOBE service.

BE SURE TO BRING CERTIFIED COPY OF ANY AND ALL DIVORCE DECREES YOU MAY HAVE! (OR EVEN DEATH CERTIFICATES IF YOU ARE A WIDOWER)! It is common for a family to ask to see such proof, as will also eventually be required by Embassy and/or Immigration. Some families will not allow a daughter to date unless they see such a legal document. (And this does NOT mean a mere photo copy.... they know the difference there!) This is the result of to many Americans "taking advantage" of young inexperienced Filipinas, and then abandoning them with Amerasian babies. In the case of a fiancée petition, you will also be required to provide a Certificate of Capacity and Letters of Intent to Marry.

FOR PASALUBONG (Gifts):

Before going to Philippines, be sure to Provide your lady with a complete **List of Your Favorite Foods!** I also suggest you take **cans of spaghetti sauce, corned beef, corned beef hash, beef stew, etc.** Trust me, you will be glad you did. Also, in Philippines SPAGHETTI is considered a very special meal, but they dont have sauce as we know it, so you do yourself and them a favor by taking some!

(This is very important, because many are afraid they will prepare foods you do not like or offends you.) Filipinos are VERY attentive and caring and sensitive and are very worried about insulting or upsetting you. Give them some idea as to your tastes! Likewise, bring any spices you are used to.

Many Americans rely on breads, eggs, rice and bar-b-que as their only foods on first trips.)

- T-Shirts (Buy at 5 for \$10 store, sizes Medium to Extra large) (Maybe 20)

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- **Mini-Mag Flashlights w/Holster and extra bulbs** (a MUST)
- Swiss Style Army Knife
- **Multi Function Tool w/Holster** (a MUST)
- Kool-Aide or Flavor Aide (100 packs @ .10 each) Great for the kids there too!
- Canned Meats (Corned Beef, Corned Beef Hash, Beef Stew, Ham)
- Salami or Summer Sausages
- Your Favorite Cereal, if desired.
- Any Summer Sausages or Similar Products
- Perfumes - Even From Dollar World (Very Important!)**

(As Many as Desired-Suggest at Least 20. Need not be expensive, but should have nice scent. It is the thought that counts and after you leave most Filipina will even display the bottle for years! Hint: Musk is always a winning scent.)

- Colognes - For Fathers/Brothers of Ladies
- **AMERICAN or SWISS STYLE Chocolates** (Very Important! MANY!) **
- Soaps, Shampoos. etc..
- Simple Ladies Ring/s (Suggest 2 to 4, Average Filipina Size 5 to 6) **
(If you are seriously hoping to find your soul-mate)
- **AM-FM Portable Radio / Walkman Type** (\$10 at Rite Aid - Suggest 2-4)
- Photo Albums (even cheap ones-suggest 2 per city visited)
- **Camera (Cheap, with battery & film) (This will be gift to your lady!)**

This assures that they can make and send you photos after you return to states. This will be VERY important to you later! Many Filipinas cannot afford to buy a camera due to poverty)

- Inexpensive Manicure Sets (10) (Often found at Dollar Tree or similar stores) (This is a **great** cheap give away!!)
- *A couple packs of disposable razors. (For you and to give to the fathers)
- Canned Meat (Corned Beef; Corned Beef Hash; Beef Stew, Salami, Summer Sausage, etc..)
(Note that the Canned Meats above are actually as much or MORE for traveler than for the host family or lady. This assures you that YOU will have some familiar foods with you, and also allows you to share it (or give it) with the host or lady's family. Many experienced travelers even take their favorite cereals.)

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- Chocolates, Canned Foods, Mini-Mag Lights, T-Shirts and perfumes are IMPORTANT as they are most desired and romantic of your gifts. (Called "Pasalubong"). They also help to make that first impression that you are "**Mabait**" (good, generous and caring) in character. The T-Shirts will also assure you that she will be thinking of you long after you leave, every time they wear it! Most Filipinas do not have enough clothes, even T-Shirts, and the fact that it came from the USA makes it VERY special! (No matter where it was made, as long as it came from you and USA!) Remember that **the last thing** you want is to be considered "**KURIPUT**" (cheap and stingy) by her or her family.

Whenever it is time to return, be prepared to give away ALL of the things you take to the family of your host or girlfriends' family. These will be VERY treasured as remembrances from you while you are away or temporarily separated! It is even common for a Filipina to use one of YOUR t-shirts, bearing YOUR SCENT as a pillow case for while she is waiting for her VISA or for your return.

NOTE:

Now you do not have to take a single thing listed above as "pasalubong" or gifts, on your first trip there, but the above is provided in hopes of giving you every advantage in case you happen to meet the love of your life on your vacation to the Philippines. Remember that in the Philippines you are "courting" the family as much as the lady!