

## PACKING LIST



### GENERAL:

tooth brush/paste/floss	camera/film/batteries
soap	photos of family
shampoo	water bottle
deodorant	Bible
towels/washcloths	sun glasses
moist towelettes	personal snacks
lotion/antibacterial hand wash	notebook/pens for journaling
brush/comb	spending money
razor/shaving cream	passport
feminine hygiene items	fanny pack and/or neck pouch
sun block/sunburn remedies	flashlight/batteries
insect repellent	work gloves (optional)
sheets/light blanket/pillow case (pillows are available there)	Hat – with brim is best so ears don't burn
shower shoes	travel watch (inexpensive)
travel clothes line (optional)	Work gloves
contact lenses items	Please note that hair dryers are not recommended due to the extensive pull on the electricity. If a must, only one can be used at a time.
personal medicines/prescriptions	
aspirin/ibuprofen	
diarrhea medicine	
rolaids/tums	

### CLOTHES (No Shorts or short skirts – remember below the knees at all times during the trip & no crosses):

slacks/jeans/skirts/dresses	When selecting your clothing remember the cultural differences in other countries and Who you are representing. Please – no shorts or short skirts, no torn jeans, no tank tops or sleeveless shirts. Women should wear a skirt/blouse or dress for worship services.
t-shirts/shirts/blouses	
underclothes	
shoes/sandals – something you can wash once muddy etc.	

### PACKING TIPS:

1. Pack light – remember, you'll be carrying you own stuff.
2. Remember the new 3-1-1 rule for carry-on items. No liquids or gels more than **3 oz.** They must be in **1 Qt** ziplock bag, and each person can only have **1** ziplock bag.
2. Make sure you have room to include group stuff such as craft/lesson materials, gifts for the nationals; etc.
3. Take luggage you don't mind damaging.
4. Use ziplock bags for items such as shampoo, liquid medications, etc.



**BRING A SERVANT'S ATTITUDE**