

PACKING LIST



GENERAL:

tooth brush/paste/floss	camera/memory cards/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
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)	
contact lenses items	
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 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

