



## PACKING LIST

Make it a goal to pack what you can give away and leave there! You can take one bag, not to exceed 44 pounds and an additional carry-on bag. (Remember: You will be carrying your own luggage from place to place.) You may be checking an additional bag containing team ministry supplies. Check the airline requirements for bag/carry-on size and weight. It varies by airline.

### CLOTHES

- 5 - 6 changes of clothes appropriate for your climate and project. (You do not need a change of clothes for every day. Laundry is almost always available wherever you go.)
- 1 nice dress outfit (slacks/skirt for females, collared shirt for males)
- Sleepwear (suggested to bring ear plugs also)
- Walking shoes (break in new shoes before you leave)
- Flip flops for shower
- Light jacket/sweater and heavy jacket if needed
- Rain poncho or small umbrella (rain and hot sun)
- Hat & sunglasses (for sun or bad hair days)

### TOILETRIES

- Shampoo, soap, deodorant, toothpaste & brush, hair brush
- Towel & washcloth (if needed, check with your leader)
- Hand sanitizer or wipes
- 1 roll toilet paper (take out cardboard center) or Tissues
- Shaving cream/razor
- Light make-up (be sensitive to cultural settings)
- Contact lenses/solution & extra case and/or glasses
- Sunscreen & Insect repellent (needed most everywhere we go)
- Travel powdered detergent (for hand wash)
- Women - feminine hygiene products (just in case)

### PERSONAL ITEMS

- Bible, Journal, and any other reading materials you want
- Passport, spending money, and 1 credit card (for emergencies)
- Money belt (or something to secure your money and passport)

- Tote bag or backpack for day trips
- Family photos to build bridges in sharing with others
- Electrical plug adapter
- Neck Pillow (if you wanted for plane)
- Small flashlight (you will use this!)
- Camera
- 2-3 Host/Interpreter Gifts (books, calendars, candy, bi-lingual dictionaries, lotion, key rings, jewelry, bookmarks, stationary, hot chocolate packets, kitchen items, mugs with space needle)
- Tablet or phone with charger (laptop not recommended) w/ worship music loaded

**PERSONAL FIRST-AID KIT** (Put travel size amounts into zip-loc bag)

- Personal prescription medications (let team leader know of any medical issues)
- Bandages & Neosporin ointment
- Aspirin/ibuprofen, Imodium Tablets, Pepto-Bismol, Vitamins
- Anti-histamine, cold medicine & cough drops (not available in many countries)

**SNACKS** (Pack a spoon and bring in various size zip lock bags)

- Beef jerky, peanut butter, nuts, granola bars, dried fruit
- Gum/candy, Chocolate for team leader
- Coffee Singles or Via and/or Tea Bags

**THINGS TO DO**

- Check with Health Dept. about required immunizations for your country
- Go to doctor/dentist for check-up
- Get all required forms in to your Team Leader
- Contact your bank to let them know you will be travelling
- Contact your cell phone company about international roaming rates
- Weigh your luggage to make sure it meets the requirements.
- Pack a copy of passport and visa page in each piece of luggage
- Give itinerary and emergency plan to family members
- Give out a prayer guide to your supporters