

Suggested Packing List

(May Change per Destination)

Passport: Plan to carry your passport at all times once leaving the US

Clothing

It is wise to bring clothing coordinates that can be made cooler or warmer by adding or taking a layer (sweater over shirt). Days can be hot and nights cool.

*Choose clothing that can be worn without ironing if possible.

Depending on Destination: you will need.

Walking shoes – 2 pair

Pants: Several pair, dress pants for church

Girls: Skirt/blouse combination – church

Tops: May not be able to wash them. Please keep them modest. Light coolers are cooler.

Underwear: bring plenty

Socks: may need 2 pair per day

Warm sweater or light jacket

PJ's

TOILETRIES

Teeth: (Brush, paste, floss, etc)
Shaving items (cream, razor, etc)
Hair items (brush, comb, shampoo)
Personal Items (deodorant, soap)
Personal hygiene items.
Band-aids
Nail clippers, mirror, etc
Mosquito Repellant (Downy dryer sheets)
At least 1 towel & wash cloth
One roll of toilet paper

MEDICINES

Something for nausea

Something for diarrhea

Prescription medications:

Leave in original bottle

Carry Meds in carry on with you

Any over-the-counter medication needed

STATIONERY ITEMS

Bible

Pens/pencils

Journal

Stationary

Box of Thank You Notes

Book for leisure reading

Small pad for addresses and notes

MISCELLANEOUS

Watch (a much needed item)

Sunglasses

Plastic bags for wet/dirt clothes

Camera

Extra batteries

Flashlight

Charged Cell Phone:

You may not be able to use your phone at our location, but it will be needed at the US airports if we get separated.

PACKING DAY CHECK LIST

Passport / Visa	Copy of Prescriptions
Airline Tickets	Prescription Medication
Credit Card / Money	2 Pair Walking Shoes
List of contacts (friends / family)	Underwear – Bring plenty
Insurance cards / forms	2 pair of pants
Tooth Brush	Tops (Modest)
Tooth Paste	Dress / Skirt (for church service)
Floss	Slacks for guys
Razor	Shirts
Shaving Cream	Sweater / light jacket
Shampoo	Shoes / flip flops
Conditioner	Watch
Hair Brush / Comb	Sunglasses
Other hair products	Hat
Deodorant	Gloves
Soap	Plastic bag for dirty clothes
Body powder	Laundry detergent – if needed
Hand lotion	Camera
Sunscreen & chapstick	Flashlight
Mosquito Repellent	Extra Batteries
Kleenex / Q-tips / Cottonballs	Cell Phone - Charged
Band-aids	I-Pod
One roll of toilet paper	Bible
At least one towel	Pens
At least one wash cloth	Journal
Nail clippers	Note Book
Tweezers	Thank You cards
Nausea medication	Book for leisure reading
Diarrhea medication	Snack food for traveling
Headache medication	Pillow
Motion sickness medication	Hand Sanitizer
Antibiotic Ointment	
Prescription medication	