



Packing List

Fellowship Items

- Bible
- Journal and pen

Travel Items

- Cash (suggested amount will be shared at pre-trip meeting)
- Backpack, money belt
- Credit cards (tell your carrier your travel dates and location)
- Passport and visas
- Copies of your passport and visa
- Driver's license or photo id card
- Plane and travel tickets, other confirmations
- Copies of all tickets and reservations (ex. flight, hotel)
- Emergency contact information
- Snacks, gum, mints

Medical Items

- Medical insurance card and contact information
- Personal medications (in original containers), especially inhaler and EpiPens
- Acid reducer/stomach medication
- Motion sickness medication
- Antibiotic ointment
- Itch cream
- Allergy medication/decongestant
- Pain/fever reducer
- Cough drops/throat lozenges
- Nicotine gum/patches

Toiletries

- Shampoo
- Conditioner
- Soap
- Toothpaste
- Toothbrush
- Deodorant
- Comb, brush
- Hair products (if needed)
- Sunscreen
- Bug spray
- Chapstick
- Lotion
- Glasses, contacts, contact solution (if needed)
- Hand sanitizer
- Hand wipes
- Tissues

Clothes (culturally sensitive and appropriate)

Do not bring items of clothing that expose bare midriffs, cleavage, undergarments or that are see through. No attire with references to anything potentially upsetting or controversial such as profanity in any language, political views, depictions of alcoholic beverages and illegal substances, or images not appropriate for small children.

- Undergarments for each day
- Socks for each day
- 1-2 pairs of pajamas
- Lightweight jacket
- Long-sleeve shirt/sweater for plane
- T-shirts
- 1-2 pair of tennis/work shoes
- Hat/visor
- Jeans/khakis and modest shorts
- One-piece swimsuit and cover up (if needed)
- Active attire (for working outside)
- Church outfit (skirt below knees, blouse; slacks and shirt – if needed)
- Comfy clothes for down time
- Shower shoes

Other Items

- Towel and washcloth
- Umbrella, poncho and rain boots
- Hair dryer
- Cell phone and charger (review your coverage plan)
- Camera and charger
- Batteries, headphones, plug adapters (if needed)
- Items for downtime (book, small games, etc.)