

SUGGESTED PACKING LIST

Things NOT to Pack:

- No sharp/seemingly dangerous items in your carry on—including nail clippers, files, or large containers of liquids—if in doubt, put the item in your checked luggage or leave it at home
- Obscenely large amounts of personal care products or clothing (take less clothing and wash it more often!)
- Expensive or costly items or those items which would be hard to replace if ruined/lost (including jewelry)
- **Everything on this list!** This is an extensive list intended to help everyone (first time or seasoned travelers, males, females, etc...) remember “that one thing I should have brought with me.” The best idea is to “travel light”—only pack what you need and not a lot of stuff you think you might use.

↓ **Things to Pack** ↓

CLOTHING

- Accessories-pins, belts, etc.
- Casual outfits (but still conservative) that can be worn during free time and travel
- Clean, dressier shoes for church
- Comfortable shoes for walking/hiking
- Dressy outfits (think business casual) that can be worn to outreaches and church
- Large scarf or head covering – women (for conservative countries and religious sites)
- Light jacket/sweater for layering (weather can be unpredictable)
- Sleepwear
- Socks/underwear

MEDICATION/HYGIENE

- Alcohol hand cleaner gel/wipes
- Antihistamines (for bug bites and allergies)
- Band-aids & antibiotic ointment
- Deodorant & lotion/lip balm
- Glasses/contacts + spares/supplies
- Hair products/comb or brushes, hairclips
- Hand mirror
- Make-up & nail stuff
- Mosquito repellent
- Motion sickness medications (i.e., Dramamine)
- Pain and/or prescription meds in original bottles (list names/dosage)
- Pepto-Bismol (tabs or liquid)
- Shaving cream & razor
- Shower gel/soap, shampoo, conditioner
- Shower flip-flops or sandals you will not mind getting wet
- Shout/soap/detergent to wash clothes in sink
- Sunscreen
- Thin bath towel that will dry quickly
- Tooth brush & tooth paste/orthodontic appliances

