

WHAT TO PACK

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 will be checking an additional bag containing team ministry supplies.

CLOTHES

- 5 - 6 changes of clothes appropriate for your climate and project
(You do not need a change of clothes for every day. It is not culturally sensitive to show off the apparent wealth of our country. Laundry is almost always available wherever you go.)
- 1 nice dress outfit (dress/skirt for girls, collared shirt for guys)
- Walking shoes (break in new shoes before you leave)
- Light jacket/sweater and heavy jacket if needed
- Sleepwear (suggestion: bring ear plugs also)
- Baseball cap (for sun or bad hair days)
- Rain poncho or small umbrella

TOILETRIES

- Shampoo, soap, deodorant, toothpaste, toothbrush, hair brush
- Hair dryer and adapter/converter
- Towel & washcloth
- 1 roll toilet paper (take out cardboard center)
- Shaving cream/razor
- Light make-up (be sensitive to cultural settings)
- Contact lenses/solution & extra case and/or glasses
- Sunscreen & insect repellent
- Kleenex
- Powdered detergent (for hand wash) in marked container
- Women - feminine hygiene products (just in case)

PERSONAL MINISTRY TOOLS

- Bible, journal, and pen
- Addresses of friends in the U.S. (caution for closed country security issues)
- Tote bag or backpack for day trips
- U.S. map to show where you live
- Family photos
- Miniature flashlight

- Alarm clock
- Travel sewing kit
- Camera/film (and extra camera battery)
- Gifts (books, calendars, candy, tapes, pens, bilingual dictionaries, lotion, key rings, jewelry, bookmarks, stationary, hot chocolate packets, kitchen items)

PERSONAL FIRST-AID KIT (Put travel-size amounts into Ziploc bag)

- Personal medications in prescription bottle (let team leader know of any medical issues) and vitamins
- Anti-bacterial hand wash
- Bandages and Neosporin ointment
- Aspirin or ibuprofen
- Anti-histamine
- Pepto-Bismol
- Cough drops
- Imodium tablets
- Chap-stick
- Clean blood emergency kit (given out by team leaders)

SNACKS (Pack a spoon)

- Beef jerky, peanut butter, nuts, granola bars
- Gum/candy
- Chocolate for team leader
- Folgers Coffee Singles (if you like coffee)
- Bring various size Ziploc bags

THINGS TO DO

- Check with health department about required immunizations for your country of travel
- Go to doctor/dentist for checkup
- Place passport and immunization records with travel money in money belt or neck pouch
- Get all medical release/insurance information to trip leader
- Pack a copy of passport and visa page in each piece of luggage
- Give itinerary and emergency plan to family members
- Cash (have \$40 worth of \$1 and \$5 bills)
- Give out prayer guide to your supporters

WHAT NOT TO BRING

- Updated copies of your will or life insurance policy
- Weapons, illegal drugs, alcohol
- Baby grand piano, vacuum, or your SUV