



## PACKING LIST SUGGESTIONS

**Luggage:** Pack light. Transportation often poses difficulty in other countries. Be considerate of your hosts and other travelers by traveling as light as possible. If possible, take only one piece of checked luggage and one carry-on. You may want to pack a smaller bag or knapsack for day use. Follow specific instructions from your team leader for details. If your luggage is lost or arrives late, you will need to file a claim with a specific description of each piece. Label all luggage with your full name and address (including country). Put a label with your information inside your bag as well.

*Carry all items that are essential in your carry-on bags. Place containers with liquid in double plastic bags.*

### **Carry-on bag/purse:**

- Personal medication
- Cash – small bills for tipping, larger denominations for exchange (\$1, \$5, \$50, \$100), ideally newer than year 2006 and in good, unmarked condition.
- Eyeglasses, contact lens solutions, case, hearing aids and batteries.
- 1 set underwear and socks
- Earplugs
- Sunglasses
- Cameras and batteries/chargers. Keep secure any expensive camera or video equipment you bring with you.
- Items to pass the time: book, cards, notebook, journal, Bible, etc.
- Description of luggage. Give a copy to the team leader. Place a copy inside the checked luggage also.
- In zip-lock bag: Passport, visa, airline tickets, insurance card, and driver's license. Pack in a separate location: a photocopy of the open picture and signature page of your passport.
- International immunization certificate
- Airline ticket

### **Other items – checked luggage or carry-on:**

- Sunscreen, hat or cap for sun
- Insect repellent
- Flat Sheets, pillow cover (check guest house availability)
- Towel (check guest house availability)

- Plastic bag for laundry
- Reusable water bottle
- Travel alarm clock
- Flashlight
- A few snacks
- Devotional material
- Small gifts for hosts
- Rain coat (Depending on time of trip)
- Clothing suitable to the season:
  - Four sets of travel clothes or fewer if possible
  - Work clothes as described by team leader
  - Shirts that can be hand-washed and hung to dry
  - One set of Sunday clothes for worship and visiting with dignitaries.
  - Sweater or jacket
  - Comfortable walking shoes; sandals/ shower shoes
- Toiletries (makeup, shampoo, razor, etc.)

### **A Word on Cell Phones:**

Cell phones are the main form of communication in many areas. Check on service availability/ electricity for your visit. Some phone companies offer great international plans. Talk to your provider for specifics. If Wi-Fi is available at residence, you can use apps such as WhatsApp and iMessage for free.