

SAMPLE PACKING LIST

CLOTHING

- Slacks & jeans are fine for free and travel days
- Sweater/light jacket
- Walking/Tennis shoes
- 4 -6 changes of clothing (take clothes that you can mix & match)
- Sleepwear
- Socks
- Underwear
- Flip-flops
- Sunglasses
- Belts
- Money pouch
- Hat

Women:

- Skirts & blouses are best.
- Check w/Trip Leader if jeans are OK
- Hair dryer (if needed)
- Adapter/converter

Men:

- Casual wear is fine (nice jeans & dress pants).
- Shirts (collared shirt for church)
- Sweatshirts
- Team Leaders/preachers should bring a tie

TOILETRIES

- Shampoo, bath soap, deodorant, toothpaste & toothbrush
- Washcloth
- Kleenex (for toilet paper)
- Sunscreen
- Insect repellent
- Moistened hand wipes
- Liquid hand disinfectant
- Small First Aid kit
- Toilet paper

- Shaving cream/razor
- Makeup
- Glasses/sunglasses
- Contact lenses/solutions

MEDICINES

- Aspirin
- Pepto-Bismol
- Cough drops
- Eye drops
- Imodium tablets (effective for diarrhea)
- Laxative
- Lip balm with sunscreen
- Your prescription medication (take extra and pack in another suitcase or give to a friend to carry)

TOOLS

- Bible
- EvangeCubes
- Journal
- Address book
- Pens & pencils
- Tote bag or backpack
- Pocketknife (pack in checked luggage)
- US map to show where you live
- Family photos
- Small flashlight
- Soft foam earplugs
- Reading material
- Alarm clock
- Sewing kit
- Camera
- Fanny pack (optional)
- Extra Ziploc bags and plastic grocery bags
- Extra batteries
- Refillable water bottle
- Umbrella/raincoat
- Gifts (see **Helpful Guidelines** for details)

SNACKS

- Gum/candy
- Peanut butter/cheese crackers
- Granola bars
- Nuts
- Sweet-N-Low/Equal (if desired instead of sugar)
- Bottled water (4 - 6 bottles to hold you until bottled water is purchased)

OTHER HANDY ITEMS

- Hangers (very few in room)
- Clothesline (drying undergarments)
- Booklight
- Bandanas (always handy)
- Wrinkle-releaser spray

DOCUMENTS/ INFORMATION

- Passport
- Copy of Passport
- Visa
- Immunization Record
- Tickets
- Emergency information
- Credit card (for travel emergencies)
- Spending money

BEFORE LEAVING

- Stop papers
- Stop mail
- Itinerary and emergency information to others