

## PACKING LIST

This is not a list of everything you need to bring, but rather general helps. Less and small is better than more and big. If you pack it, you carry it—pack light.

### CLOTHES

- \_ 4-5 shorts/slacks (pants for teaching!)
- \_ 4-5 Shirts (collar skirts for teaching)
- \_ Socks (enough for no laundry)
- \_ Underwear (enough for no laundry)
- \_ Belt
- \_ Walking shoes—*very* important.
- \_ Shower shoes/sandals
- \_ Swimsuit (when appropriate)
- \_ Pajamas
- \_ Jacket/sweatshirt/sweater
- \_ Hat/baseball cap

### TOILETRIES

- \_ Towel/washcloth
- \_ Soap/Shampoo/conditioner
- \_ Comb/brush
- \_ Deodorant
- \_ Razor/shaving cream
- \_ Toothbrush/toothpaste
- \_ Chap stick
- \_ Extra glasses/contacts (if applicable)
- \_ Hand lotion
- \_ Hand sanitizers
- \_ Eyeglasses/contact lens supplies
- \_ Kleenex/toilet paper (a MUST)
- \_ Vitamins/Cough drops
- \_ Sunscreen
- \_ Fingernail clippers
- \_ Medicines (Imodium, pain relievers, allergy/cold medicines, etc).
- \_ Small first aid kit (if desired – usually one for the team is enough).

### MISCELLANEOUS

- \_ Money pouch/belt
- \_ Money (crisp bills & credit card)
- \_ Passport with visa
- \_ Airline ticket
- \_ Emergency contact card
- \_ Watch
- \_ Travel alarm clock
- \_ Sunglasses
- \_ Camera/film
- \_ Spare batteries
- \_ Photos of family/friends (to show)
- \_ Photos of yourself (to give)
- \_ Bible
- \_ Book (be cautious on topic)
- \_ Journal/notebook
- \_ Pens/pencils
- \_ Earplugs/eye masks (for flight)
- \_ Inflatable neck pillows (optional)
- \_ Small gifts
- \_ Insect repellent
- \_ 2 photo copies of passport
- \_ Electric plug adaptor and converter
- \_ 2 Ziploc bags
- \_ Small flashlight
- \_ Snacks (nothing that will melt)

