

Packing List

This packing list is a general guide for your upcoming trip and is not intended to be an absolute or all-comprehensive list. Ask your team leader about specific packing needs for the community where you will be serving.

Documents

- Alternative photo ID (driver's License)
- Cash for souvenirs (crisp, new \$20 bills)
- Insurance card (you'll get it before you go to the airport)
- Passport and color copy of your passport
- Plane tickets / flight confirmation (team leader)

Other Essentials

- Any prescriptions you will need while traveling or while in-country
- Bible
- Book to read or activities to do on the plane
- Journal and pen
- Teams Training Manual
- Vitamins

Clothing (depending on where you are going and what you will be doing)

- 3 – 4 pairs of loose-fitting pants for work days
- 5 loose-fitting T-shirts for work days (women – no low-cut tops)
- 1 sweatshirt or jacket for cooler climate
- Socks and undergarments
- 1-2 nice outfits for church services or special functions (below-knee skirts or dresses for women; khakis and polo/button-up shirts for men)

Toiletries

- Baby wipes
- Body soap and washcloth
- Brush or comb
- Chapstick
- Contact lens supplies (We recommend bringing glasses or an extra pair of contacts.)
- Deodorant
- Extra toilet paper or Kleenex
- Hand sanitizer
- Insect repellent
- Lotion
- Personal first-aid kit
- Q-tips
- Razor and shaving cream
- Shampoo and conditioner
- Sunglasses and/or hat
- Sunscreen
- Toothbrush and toothpaste

Miscellaneous

- A small photo album with a postcard or two from your hometown, pictures of your family, friends, possibly your church, workplace, pets. You will be able to share about your life and tell your story with the pictures.
- Battery-operated alarm clock
- Camera (and adapter/converter for charging)
- Close-toed shoes
- Day pack
- Extra Ziploc bags (small and large)
- Flashlight
- Healthy snacks like peanut butter, protein bars, dried fruit, trail mix or “comfort” snacks
- Small bags to separate dirty laundry from the clean clothes in your suitcase
- Powdered Gatorade or Emergen-C packs
- Sandals
- Umbrella/Rain Gear
- Water bottle

What NOT to Bring

- Expensive electronics
- Expensive jewelry and/or large, noticeable jewelry

Packing Tip: Lay out everything you think you need for your trip and leave 30% of it at home!