



Packing List

One personal checked bag – weight subject to airline, usually limit 50 lbs.
One team checked bag – weight subject to airline, usually limit 50 lbs.
One carry-on, a backpack is suggested

Important Documents:

Passport - keep in your money belt
Visa - check with team leader about this
Tickets
Cash - all new bills - a couple \$20's, the rest \$50 or \$100 (newer larger face, not torn)
International Vaccination Certificate
Photocopy of Vaccination certificate and of Passport photo page
Contact Information - contacts in country of travel and at home
Travel insurance - check with team leader

Carry-on Essentials:

All important documents
Malaria medicine
Any other critical medications
One change of clothes
Pajamas (optional)
Essential toiletries (
Water bottle (and filtration method, if you're bringing one)

Clothes – men:

6-7 t-shirts
3 pairs of pants – at least one to work in (not torn or ratty, heavy jeans are hard to dry)
1 pair shorts (check with leader about when it is okay to wear these)
2 long-sleeved shirts
Collared shirt and nice pants for church or important meetings
Board shorts/swim trunks
Shoes:
 tennis shoes or comfortable work/walking shoes
 sandals/flip-flops for shower
6-8 pairs boxers/underwear
6-8 pairs of socks
Pajamas
Set of long underwear (good for layering)
Sweater or sweatshirt
Loose-fitting medium-weight jacket (that you can layer other clothes under as needed)
Rain poncho (seasonal)
Broad-brimmed hat (for sun protection)
Beanie (for warmth)

Clothes - women:

6-7 short sleeved shirts (no sleeveless)
2-3 lightweight skirts (at least knee length)
2 lightweight long-sleeved shirts
2 loose-fitting lightweight pants (check with leader about when it is okay to wear these)
nicer skirt or dress for church or important meetings
Modest swimsuit (depending on season)
Sarong (multiple uses – a skirt, a wrap, or a lightweight shawl)

Shoes:

Comfortable tennis shoes for daily use
Church shoes – something nicer
Flip-flops/sandals – for shower and casual wear
6-8 pairs lightweight underwear (something that dries quickly is best)
3-4 pairs socks
Modest pajamas
Set of long underwear (good for layering)
Sweater or sweatshirt
Loose-fitting medium-weight jacket (that you can layer other clothes under as needed)
Rain poncho (seasonal)
Broad-brimmed hat (for sun protection)
Beanie (for warmth)
Compact sleeping bag

Toiletries and Medicine:

Deodorant
Comb/brush, Pocket mirror (optional)
Shampoo
Soap
Lotion
Sun screen
Toothbrush and Toothpaste
Razors (pack in checked baggage)
Feminine hygiene products
Several toilet paper rolls – small ones from travel/camping sections at Wal-Mart/Target
Kleenex packets
Mosquito repellent (30% Deet)
Wash 'N Dry hand wipe packets
Liquid hand sanitizer/1 travel size & larger to replenish
Chapstick w/sunscreen
Band-Aids in various sizes
Neosporin or other antibiotic ointment
Pain reliever (Tylenol, Advil, etc.)
Pepto-bismol tablets (take after questionable meals)
Emergen-C packets (found at Trader Joes)
Daily pill box to hold the following:
Malaria medication
Acidophilus (yogurt tablets that provide bacteria your body needs and might not be getting)

Miscellaneous:

Bible

Journal

Pens

Money belt

Backpacking towel (buy one of these and try it at home first, some people hate it and some people love it; if it doesn't work for you, bring a real towel)

Nalgene bottle (mouthguard recommended for drinking on bumpy bus rides)

Optional water filtration methods:

Filter water bottle (Katadyn Exstream is recommended; available at Mountain Air Sports in SLO)

Or

Water Filter Pump (fits on the top of a Nalgene, great for sharing among teammates)

Swiss Army knife (optional) - **MUST PACK IN CHECKED BAGGAGE**

Flashlight

Extra batteries

Camera

Extra film (do NOT pack in checked baggage, it will get damaged by x-ray machines)

Travel clock or watch with alarm

Sunglasses

Mosquito net (check with leader)

Earplugs

Several photos of family, friends (for nonverbal sharing, avoid house or car pictures)

Sleeping bag and sleeping pad - as compact as possible

Travel pillow (or small compactable one)

Snack suggestions:

Granola bars and/or power bars

Trailmix in different varieties (Trader Joes has lots)

Beef jerky

Tuna packets

Fruit leather (available at Trader Joes)

Anything else you like that is compact and non-perishable

Gum

Empty garbage bags for dirty laundry, covering bags in rain, etc.

Team Items to be shared (delegate items to different team members):

First Aid kit

- Band-Aids in various sizes
- Neosporin
- Anti-motion sickness tablets
- Cold medicine
- Anti-histamine tablets
- Immodium AD or other anti-diarrheal medicine
- Pain relievers
- Mild laxative
- Thermometer
- Oral rehydration solution packets
- Antacid

Sunscreen

Laundry kit (optional)

- Laundry soap
- Clothesline
- Clothespins

Sewing kit

Packing Tips:

Mark luggage with ID tags

Mark luggage with bright yarn or neon duct tape to be easily identifiable

Keep everything inside your money belt (passport, money, etc.) in Ziploc bags to protect from sweat

Clean out your wallet, take only the essentials

Pack everything in your suitcase in large, heavy-duty Ziploc bags; this helps keep things organized, compact, and dry

Try rolling your clothes to fit more into a smaller space

Pack liquids (shampoo, sunscreen, etc.) inside separate plastic bags in case they leak during travel

Mark clothes with your name; everyone's may get laundered together and you want to be able to identify your own stuff

Don't bring anything flashy – jewelry, nice watch, etc.

Don't bring anything you'd hate to get dirty or lose!