

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 shirts 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)

