

All-Purpose Packing Guide

Clothing: Neat, clean, loose, modest (your country's climate may be warm during the day and cold at night)

- T-shirts, some long-sleeved, work clothes
- Long pants, skirts, capri's and knee length shorts
- At least one nice outfit for church – be modest and use discretion depending on your country.
- Socks, underwear, etc.
- Light weight, waterproof jacket or poncho
- Durable athletic shoes, sandals, flip-flops
- Pajamas
- Hat and sunglasses

Toiletries:

- Body soap, shampoo/conditioner
- Deodorant
- Tooth brush/paste
- Travel toilet paper/Kleenex
- Baby/facial wipes
- Shaving razor/cream
- Baby powder for hot climates
- Hand sanitizer/wipes
- Compact, quick-drying towel
- Contact necessities / extra pair of glasses
- Feminine products
- Personal medications – keep in original containers, have a doctor's note, take in carry on

Other:

- Bible, journal, pen
- Passport/immunization record/money belt
- Photocopies of passports and important documents kept separately from originals
- Small backpack / carry on
- Travel pillow / Therma-rest (pending trip)
- Compressible, light-weight sleeping bag, Silk sheet Liner (pending trip)
- Flashlight / headlamp
- Sun block / lip balm
- Durable water bottle / Camel-back (pending trip)
- Insect repellent – 30% Deet (pending trip)
- Waterproof watch / alarm clock
- Work gloves (pending trip)
- TSA locks / nametags in/out of luggage

Suggested:

- Small personal First-Aid kit – each team will have a kit, but supply will be limited. Bring what you know you'll need.
- Zip lock baggies – various sizes
- Ear plugs / eye mask
- Laundry soap
- Dryer sheets keep luggage fresh
- Small sewing kit
- Gum, candy, power bars
- Camera
- Batteries (light, camera, etc.)
- Spending money for souvenirs and gifts
- Pictures of self/family (modest and unassuming wealth)
- Small gifts (bookmarks, key chains, cards to personalize, postcards of the U.S., etc.)

Helpful Hints:

- DO NOT PACK WHAT YOU CANNOT CARRY. You are allowed 1 carry-on and 1 backpack or small suitcase. Theft, stains, and other damage to your personal belongings are possibilities when traveling abroad, so do not bring anything that you cannot afford to lose.
- In order to remain culturally sensitive in a foreign country, it is important that we dress modestly. Christians overseas are often very conservative. Let's stay in line with their customs as closely as possible. Ladies, avoid spaghetti straps and other skin- and figure-revealing garments – make-up is ok, but please try to keep it at a minimum.
- Many scented lotions and perfumes are sweet smelling and attractive to bugs and mosquitoes. Also, leave all expensive jewelry and accessories at home.
- Allow room to bring back souvenirs.
- Pack one change of clothes and essential toiletries in your carry-on in case your luggage is lost or your flight delayed.
- Each team may have different recommendations and necessities that can change your personal packing list. Be attentive to your team leader's instructions.



Leader's Extra Packing List

Other helpful things:

- Nylon 550 cord (50 ft) (pending trip)
- Utility knife (in check-in luggage) (pending trip)
- Duck tape (super practical for fixing things) (pending trip)
- Map of region (if applicable, buy in country or download online)

Also consider:

- Mosquito nets for tropical or Malaria regions (pending trip)
- Emergency blanket (pending trip)
- Travel iron (one per team)

Global Ministries will provide (pending trip type):

- Medical kit with Cipro
- Chlorine tabs or sweet water drops
- Cell phone
- Electric converter
- Insurance cards
- Tickets
- Passports with visas
- Extra materials depending on your team/country