



## Packing List (Recommend)

1. Passport
2. Rain Pancho
3. Hat and sunglasses/bandana (personal preference)
4. Camera/film/batteries
5. First Aid Kit/Personal medicines\*
6. Spending money
7. Toiletries: soap/shampoo/deodorant/insect repellent w/ Deed
  - sunblock/ace bandage/toilet paper/hand sanitizer
  - teeth items/hair items/shaving items
8. Boots (good ankle and sole support)
9. Warm jacket (not needed for Africa or Haiti)
10. Flash light with extra batteries
11. Extra socks
12. Underwear
13. Towel and wash cloth
14. One re-fillable water bottle
15. Juices in disposable containers (powder Gatorade)
16. Bible and notebook/Pen
17. Six days snack supply\*\*

- **Remember first aid and personal medical needs!**
- \*\*Grain and meal based items are better for digestion and energy than sweets
- \*Possible medications to take with you: **Phernegan** for nausea, **Lomotil** for Diarrhea, **Bactrim** (prescription from your doctor), **Benadryl** for any allergic reactions. If you are taking prescriptive medications, be sure they are in the **original prescription bottle with your name on the label.**
- Have your passport and a photo ID ready at the airport. We will check-in as a group.