

CLOTHING

- Slacks & jeans
- Sweater/light jacket
- Walking/Tennis shoes
- 4 -6 changes of clothing (take clothes that you can mix & match)
- Sleepwear
- Socks
- Underwear
- Flip-flops (Plastic sandals, Crocs, hiking shoes, or tennis shoes are suggested. Good all-weather walking shoes are useful)
- Sunglasses
- Belts
- Money pouch
- Hat
- Long pajamas, sweatpants and/or sweatshirts may be needed at night. (At RG)
- Rain poncho or rain jacket

Women:

- Long pants, Capri pants, and mid-calf skirts
- Skirts & blouses are best. (No low-cut blouses, cut-off tops, sleeveless shirts, or spaghetti straps are allowed.)

Men:

- Casual wear is fine (nice jeans & dress pants).
- Shirts (collared shirt for church)
- Sweatshirts
- Bermuda shorts or long pants

TOILETRIES

- Shampoo, bath soap, deodorant (also travel sized deodorant for airplane), toothpaste & toothbrush (also travel sized toothbrush/toothpaste for airplane)
- Saline
- Washcloth
- Kleenex (for toilet paper)
- Sunscreen
- Insect repellent (DEET containing)
- Moistened hand wipes
- Liquid hand disinfectant
- Small First Aid kit
- Toilet paper
- Shaving cream/razor
- Makeup
- Glasses/sunglasses
- Contact lenses/solutions
- Comb/brush
- Nail clippers
- 1-2 towels

MEDICINES

- Tylenol, Naprosyn/Ibuprofen (OTC pain relievers)
- Pepto-Bismol (heartburn meds)
- Cough drops
- Eye drops
- Imodium tablets (effective for diarrhea)
- Laxative
- Lip balm with sunscreen
- Your prescription medication (take extra and pack in another suitcase or give to a friend to carry)
- Vitamins
- Benadryl (or some sleeping aid)
- Tums, Gas X (simethicone)/antidiahreals
- Purell (hand sanitizer gel)
- Triple anti-biotic cream (Neosporin)
- Malaria Meds

TOOLS

- Bible
- Journal
- Pens & pencils
- Tote bag or backpack
- Pocketknife (pack in checked luggage)
- US map to show where you live
- Family photos
- Small flashlight
- Soft foam earplugs
- Reading material
- Alarm clock
- Sewing kit
- Camera
- Fanny pack (optional)
- Extra Ziploc bags and plastic grocery bags
- Extra batteries
- Refillable water bottle
- Umbrella/raincoat
- Empty water bottle (Nalgene or some kind of refillable water bottle)
- Camping/Portable Pillow
- Travel power adapter if desiring to use/charge electronics...
- IPOD, MP3 player, or other desired electronic accessories
- Playing cards, portable games (as desired)
- Neck pillow for flight, eye covers for sleeping on plane
- Booklight
- Bandanas (always handy)
- Wrinkle-releaser spray

SNACKS

- Gum/candy, breath mints
- Peanut butter/cheese crackers
- Nuts
- Sweet-N-Low/Equal (if desired instead of sugar)
- Granola Bars/Cliff Bars/Trail Mix, food with substance...

**DOCUMENTS/
INFORMATION**

- Passport
- Copy of Passport
- Visa
- Immunization Record
- Tickets
- Emergency information
- Credit card (for travel emergencies)
- Spending money

BEFORE LEAVING

- Stop papers
- Stop mail
- Itinerary and emergency information to others