

Packing List

Men's Clothing

- Work: long pants
- Shirts, boots/tennis shoes
- Dress pants, shirt, shoes & tie
(may use as travel clothes)
- Underwear
- Footwear for bathing
- Umbrella & rain jacket
- ? Swim suit
- ? Sweater/sweat shirt

Women's Clothing

- Travel: dresses or skirts
- Sunday dress and dress shoes
- Work: Depends on Team Project
- Tennis shoes
- Underwear
- Footwear for bathing
- Umbrella & rain jacket
- ? Swim suit (modest)
- ? Sweater/sweatshirt lightweight

Personal Items

- Razor
- Shaving Cream
- Hand Lotion
- Alarm Clock
- Personal Toiletries
- Shampoo
- Deodorant
- Soap
- Toothbrush
- Toothpaste
- Washcloth
- Towel
- Antibacterial Lotion and wipes
- Toilet paper (enough for 7 - 14 days)
- Pillow (optional)
- Sunscreen
- Personal cup
- Sunglasses

Personal Items (cont)

- Pens
- Flashlight/extra batteries& bulb
- Work gloves (construction teams)
- Zip lock bags
- Ear plugs
- Contact lens cleaning supplies
- Money belt or holder
- Bible
- Camera / film (enough for your stay)

Travel Documents

- Minors need permission slip from parents
- Passport/Visa & copy of passport
- Immunization Record

Food

- Snack food
- Granola bars
- Juice boxes
- Light lunch (in case of plane delay)

Health Items

- Vitamins (if you take them)
- Bug repellent
- Antibiotic medicine
- Pepto Bismol
- Antidiarrheal medicine
- Tylenol
- Bandaids
- Gauze & adhesive tape
- Antihistamines for allergies
- Medicine for travel sickness
- Lomotil (for diarrhea)
- Chapstick
- Antibacterial Solution
- Malarial Pills if recommended
- Prescription Medicines