

Packing Information



Documents

- Passport + 1 color copy in bag
- Health/Medical documentation
- Emergency contact information
- \$100 spending money
- Driver's license or Photo ID
- Put identifying information inside your bag in case ID tag on the outside gets separated for whatever reason (Name, Address, Phone number)

Clothes (for 7-9 days)

- Pants/jeans (capris for women are ok, light fabrics) 2-3 pair
- Skirts for women 1-2
- Shirts 6-8
- NO tank tops
- Long-sleeved shirts 1
- Sweatshirt/hoodie, sweatpants
- Socks and underwear, bras
- Shorts for playing sports (very conservative for women) 2-3
- Shoes: tennis/walking shoes
- Optional - Hiking boots and wool socks
- Optional - Closed toed sandals to wear in the villages
- Optional - Shower shoes/flip-flops
- Installing Filters: Shoes will get dirty and muddy. Pack a pair of shoes that you do not mind getting ruined.
- Nice casual shoe for church/meetings
- A nice outfit for church or going out to dinner (nothing fancy, women a skirt or dress – no shorter than knee length)
- Swimsuit (modest) – women one piece or tankini
- Rain jacket or light jacket
- Hat/bandana

Toiletries

- Toothbrush - 2
- Toothpaste
- Toothbrush holder (you'll be only rinsing it w/ water bottles...so you'll want something to keep it clean)
- Deodorant
- Shaving supplies
- Contacts/solution/case
- Extra contacts
- Glasses
- Shower soap/body wash is best
- Shampoo/Conditioner
- Face wash
- Hair brush
- Optional - Hair dryer, can share w/others
- Other hair products if necessary
- Hair ties to keep hair back (headbands, bobby pins, bandanas, etc.)
- Nail file/clippers
- Feminine products
- Make-up (not a lot, just the basics)
- Lotion

Sleeping Gear

- Travel pillow
- **ONLY bring these if Team Lead informs you that it is needed. Locations typically have linens and pillows.**
- Sleeping bag, secured with chord/bag; or a top and bottom sheet
- Air mattress or foam pad.



Packing Information

Medication

- Pepto Bismol or equivalent stomach medicine
- Immodium – or equivalent anti-diarrhea medicine
- Dramamine/motion sickness medication (some people get slightly carsick b/c of the curvy and bumpy roads – get non-drowsy medicine)
- Heartburn medicine
- Pain medication (Women: midol, etc.)
- Allergy medicine (optional)
- Cold medicine (optional)
- Malaria prescription
- Anti-diarrhea prescription
- Any other prescriptions
- Band-aids/Neosporin
- Multivitamins

Other

- Towel for showering
- Backpack/daypack or carry on
- Bug spray with deet
- Sunscreen
- Sunglasses
- Chapstick
- Gatorade powder packets to put in water
- Small flashlight and batteries
- Work gloves
- Journal with Pen/pencil
- Bible/Books
- Pocket language dictionary
- Travel/battery alarm
- Water bottle
- Camera (accessories, charger)
- Ear plugs – the roosters are kinda crazy
- Hand sanitizer AND hand wet wipes
- Tissues/travel TP/Wet wipes for the bottom
- Large Ziploc bags 2-3 (for packing)
- Small laundry bag

Optional

- No Computer, iPads, or cell phones
- Snack food (that will stay good for the whole time and can stay packaged and not attract bugs) that you can eat if you really don't like a meal, are feeling sick, etc. (Ex. Peanut butter, granola bars, beef jerky)
- Money belt
- Suitcase locks
- Travel games/playing cards
- Family/friend photos of you back home to share with people in village. They love this!
- Fabreeze
- Downy (wrinkle smooth spray)
- Voltage adapter (check with team Lead)

General Clothes Guidelines:

- Plan to always wear pants or capris in the villages. It will be hot, but it's the culture and it's most respectful and conservative and also protects from mosquitoes. Soccer shorts or long shorts can be worn in the compound.
- Don't bring anything flashy, leave anything valuable at home, wear/bring minimal jewelry
- Reminder: fashion doesn't really belong here

Travel:

- Try to stick to a medium sized checked bag, a small carry on and a backpack
- You are responsible and must be able to carry your own luggage.
- You are responsible for all items you choose to bring.
- Bring some cash for food in the airport or random travel expenses if they come up
- General Carry-on Guidelines:

- <http://www.tsa.dhs.gov/311/index.shtm>