

Packing

Please be aware that luggage can be misplaced (usually temporarily) and for your bags not to arrive with you. Since that is the case, **we advise packing 2 changes of clothes, prescription meds, water bottle, and essentials in your carry on.** At the same time you don't want your carry on to be too large or heavy.

Here are some items we suggest bringing from home. Some are optional / preference.

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| <input type="checkbox"/> Bible | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Lip balm / Chapstick | <input type="checkbox"/> Camera, laptop, iPad |
| <input type="checkbox"/> Moisturizing lotion/cream | <input type="checkbox"/> Flashlight and/or Headlamp |
| <input type="checkbox"/> Hand sanitizer | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Moist wipes | <input type="checkbox"/> Shaving supplies |
| <input type="checkbox"/> Toothpaste & toothbrush | <input type="checkbox"/> Medication (carry on) |
| <input type="checkbox"/> Shampoo & conditioner | <input type="checkbox"/> Raincoat |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Kleenex | <input type="checkbox"/> phone charger & cord |
| <input type="checkbox"/> Swimsuit (modest!) | <input type="checkbox"/> power adapter |
| <input type="checkbox"/> Insect repellent* | <input type="checkbox"/> Power converter |
| <input type="checkbox"/> Headphones | <input type="checkbox"/> vitamins |
| <input type="checkbox"/> Book | <input type="checkbox"/> melatonin |
| <input type="checkbox"/> baby powder | <input type="checkbox"/> snacks / bars |
| <input type="checkbox"/> hat (baseball and/or full brim) | <input type="checkbox"/> ear plugs & eye shade for sleeping |
| <input type="checkbox"/> insulated water bottle | <input type="checkbox"/> sunglasses |
| <input type="checkbox"/> Propel / Liquid IV powder drink mix | <input type="checkbox"/> shower shoes / flip-flops |
| <input type="checkbox"/> motion sickness meds | <input type="checkbox"/> personal unique toiletries |

Clothing/ shoe style, type, and amounts will vary from trip to trip – ask your team leader. When in doubt always dress modestly and conservatively. Avoid graphics that are “American” or could be interpreted as offensive (flags, camo, beer logos, expensive brands, etc.)

Bug spray should have at least 25% deet. Optional: spray your clothes with permethrin which lasts for several washes.

Leave behind most jewelry – especially anything flashy. Women – consider leaving your engagement ring and only wearing a simple wedding band. Men – earrings and necklaces might not be culturally accepted.