

Suggested Packing List

Legal Documents:

Passport and an extra copy in your luggage

Airline Tickets (*Disbursed at the Airport*)

Notarized travel authorization for minors

Medical information

Work Gear:

Work pants/Cotton shirts

Good working shoes

Medical Scrubs

Non-Work Gear:

Casual evening wear

Dress shirt and tie (men)

Dress or skirt/blouse (women)

Light jacket or sweatshirt for cool evenings

Slacks (lightweight and washable)

Capris for women

Modest Sleepwear

Socks

Walking Shoes

Personal Toiletries:

Lotion (hand and body)

Bath soap (liquid or gel is easier)/Baby wipes

Instant hand sanitizer/Wet wipes

Toothbrush/toothpaste

Shampoo/conditioner

Deodorant

Comb/brush

Travel toilet paper or pocket sized tissue packs

Prescription eyeglasses (easier than contacts)

Personal Medical Supplies:

Band-Aids

Personal medications (in your carry-on)

Aspirin or substitute

Stomach aids:

acidophilus

Imodium A-D

Pepto-Bismol tablets

Vitamins

Insect repellent (15%+ DEET, Skin-so-Soft)

Sunscreen (30 SPF)

Sunburn treatment, aloe

Sanitary supplies

Anti-fungal foot powder

Miscellaneous Items:

Journal

Pens

Camera and film

Clock or watch

Flip-flops or sandals

Flashlight and extra batteries

Lightweight day pack

Money for personal spending

Photos of home, family and friends

Address list of friends, relatives and donors

Sunglasses

Spanish-English dictionary

A small single-person clip-on fan

Luggage Allowance:

One carry-on piece that is not to exceed 40 pounds and has to fit under the seat or in the overhead bins.

One checked suitcase that weighs not more than **50♦** pounds and its length plus width plus height is not more than 62 inches.

The airline allows two checked suitcases that comply with the restrictions, but we ask that each volunteer reserve the second suitcase allowance for transporting mission supplies

Items appearing in BOLD print are necessities

♦Subject to change by airlines

Note: This is a suggested packing list; you are not required to bring everything on it.