

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

Items appearing in BOLD print are necessities

◆Subject to change by airlines

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

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