

Packing Checklist

Essentials

- Passport
- Secondary ID
- Ticket Confirmation Number
- Bible
- Journal, pen
- Travel Agent Contact Info
- Hotel Contact Info

Clothing and laundry

- Glasses, Contacts, Contact Solution
- T-shirts
- Shorts, pants
- Shoes, flip-flops
- Hat
- Underwear, Socks
- Sleepwear
- At least 1 nice outfit
- Work Clothes 1 outfit
- Hair brush, hair ties
- Travel-size packets of laundry soap (laundry take-out service available)

Villages (Not applicable for all)

- Work Boots
- Light Jacket or sweatshirt
- Insect Repellent
- Towel, Washcloth
- Battery Pack for Phone
- Shower Shoes (not a must)
- Hand sanitizer, wet wipes

Misc. Items

- Backpack
- Cellphone, Charger
- Camera, Charger
- Motion Sickness Pills
- Disposable Rain Coat (Can be bought here as well)

- Intentional Empty Space for Souvenirs
- Extra Ziplock Bags
- Headphones

Hygiene




- Deodorant
- Toothbrush, toothpaste
- Toilet paper (1 emergency roll)
- Bar of soap
- Shampoo

Team First Aid Kit

(All medicines on carry-one must be in original bottle)

- Medication, prescriptions
- Bandages, tape, gauze, elastic wraps
- Aspirin, ibuprofen, acetaminophen
- Antibiotic wipes, hydrogen peroxide, cotton balls
- Imodium/Pepto/Charcoal Pills
- Antiseptic cream
- Sunscreen, sunburn lotion or ointment

Pro Tips

-  Always double-bag liquid containers to avoid potential burst or leak
-  Always pack 1 entire outfit of clothing with you on your carry on in case of losing your luggage
-  You can buy an adaptor for your phone here