



Recommended Packing List

You can bring **ONE** suitcase/duffle (50 lb. or less) + a carry-on.

- Toiletries and any personal medical needs
- Passport**
- Picture ID (school i.d., drivers license, etc.)
- Bible
- Journal
- Camera
- Rain jacket
- Earplugs (if you're a light sleeper)
- Swimsuit for hotel pool (one piece, modest suits for females)
- Work gloves (leather)
- Water Bottle with screw-on top (not flip-top)
- Sunscreen (20+ SPF)
- Waterless Hand Sanitizer (small bottles for your bag)
- Cash (any misc. amount you wish – souvenirs from the village, soda, etc)
- Credit or debit card : call Customer Service to advise of your trip dates
- Phone (optional - check with your provider for international Service...roaming fees are HIGH...turn off your mobile network/data, so you only use WIFI at hotel...there is a great app called WhatsApp that you can send texts, voice

messages, pics, etc. for free on WIFI to communicate with family/friends back home while away)

- Backpack (small to carry with you in the village with sunscreen, water bottle, & bug spray)
- Washcloth and beach towel
- Insect Repellent (Ultrathon or Jungle Juice works well – a travel size one as well for your bag)
- Snacks
- Wet Wipes
- Mouthwash for brushing your teeth (Do not drink or brush with tap water)
- Trash bag for dirty clothes
- Flip flops or sandals

Clothing Packing List Example

Work Site:

- IC13 T-Shirt
- Cargo shorts, zip offs, scrubs or long athletic shorts for each day of your trip
- T-shirts (Athletic dry fit/wicking type is best)
- Hat
- socks
- Work boots / old tennis shoes

For dinner or church:

- Women : Appropriate length dresses, skirts, shorts or capri pants + top
- Men : Pants or nice shorts + collared shirt or appropriate t-shirt