

Packing List

BEFORE YOU LEAVE

- Contact your cell phone company about an international plan if you want to use your cell phone while out of country.
- Contact your credit card company or companies and let them know that you'll be traveling, dates, and where to.

ESSENTIAL

Passport! Don't leave home without it!

Spending Money (approximately \$200/no bills larger than \$20)

CASUAL CLOTHES

Long Pants
Short Sleeve Shirts
Long Sleeve Shirts
Sweater or Light Jacket
Socks
Casual shoes
Underwear
Raincoat/umbrella
Church clothes (each team might be different)
Shorts (knee length)

TOILETRIES

Soap
Shampoo
Shaving equipment
Toothbrush
Toothpaste
Dental floss/toothpicks
Deodorant
Aspirin/Tylenol
Any prescription drug you are taking
Contact lens equipment and/or spare glasses
Hair care supplies
Makeup
Ear Plugs
Teeth Cleaning Strips

OPTIONAL

Travel alarm clock
Cameras
Travel iron
Converter & Adaptors
(can be purchased at Target, Radio Shack, Walmart)

Good idea to pack items that could leak in baggies, ie. Makeup, toiletries, etc.

Carry On:

Snacks
1 Change of clothing
Reading material
Playing cards
Gum
Colgate Wisp (toothbrushes)