

Packing List

Important Tips

- 1) **Pack early:** Don't wait until the last minute to begin packing! At least two days prior to departure is recommended. Packing early will enable you have a good estimate of how many bags you have, and the weight per bag. All team members are required to bring their baggage to a central location, from where we'll be traveling.
- 2) **Baggage limits** are much more restrictive for overseas travel compared to domestic travel. Be sure to check with your airline for specific limitations. You can also confirm from the Team Leader after the tickets are purchased.
- 3) Typically, for trans-Atlantic travel originating from the U.S. each passenger is allowed *2 checked bags only*. Each checked in bag is not to exceed 50 pounds in weight. The size of each checked in bag: length + width + height total may not exceed 62 inches. The baggage allowance for travel within Africa is usually less than for trans-Atlantic flights.
- 4) One carry-on bag (plus a purse) is normally allowed, with a much lower weight limit. Carry-on bags must be able to fit in the overhead storage compartment or under your seat.

Possible Packing List

1) CLOTHING

- Stuff that can be worn a long time and doesn't show dirt. Some team members may need to wash their clothes by hand. So easy care, drip dry clothes that don't need much ironing are recommended.
- Stuff you don't mind giving away or sharing with other team members, if necessary.
- Sturdy, comfortable, walking shoes.
- Comfortable, lightweight clothes for travel.
- "When in Rome . . ." Ask your team leader how people of your gender in the host country dress and then try to fit in.
- Take along 2 or 3 nice outfits and a pair of shoes for special occasions and church.
- Sometimes you may need: sweater, sweatshirt, light jacket, portable umbrella.
- Scarf: to cover especially when traveling through dusty roads.

2) MEDICINE & FOOD [See also Health Tips Sheet]

- Generally a First Aid kit containing a thermometer, band-aids, cough drops, Immodium AD or other diarrhea medicine, and Cipro or other wide-range antibiotic. Feel free to include other items.
- Aspirin, Tylenol (as much as you might need for your stay, plus extra for your roommates!)
- Any prescription medication you are currently taking
- Antiseptic, antibiotic ointment, hydrogen peroxide
- Lip balm or chapstick
- Zip-lock bags, they do come handy
- Any snacks you might crave the first week you're there – but no excess luggage please!

3) PERSONAL

- Personal hygiene: soap, shampoo, conditioner, deodorant, toothbrushes, razor and shaving cream, toothpaste, hand lotion, feminine items, travel detergent, light make-up, cologne, etc.
- Small towels and washcloth
- If you wear contacts, take enough cleaner, saline solution, etc. for the duration of the trip. PLUS an extra pair and/or a pair of glasses.
- If you wear glasses, consider taking an extra pair. (It won't be any fun if your only pair breaks and you can't get a replacement quickly!)
- Kleenex or similar products. Pocket-sizes are easy to pack. Or take it out of the box and put in a zip-lock bag. Might find it handy in public restrooms, too!
- Clothes pins & Safety pins

4) IMPORTANT DOCUMENTS

- Passport and necessary visas (plus 2 photocopies kept in different compartments in your luggage)
- Passport photos
- Plane ticket or your itinerary and confirmation number.
- Extra Spending Money – if you have it!

4) OTHER STUFF

- Bug Repellent: Mosquitoes are everywhere. Be prepared.
- Flashlight and batteries