

Packing List

- 5 changes of clothes
- Toothbrush / Toothpaste / dental floss
- sunburn protection
- hand towel / washcloth
- Deodorant (please!)
- moist towelette packs
- soap
- items for contact lenses
- personal medicines (consider vitamins, allergy tabs, Tylenol and diarrhea medicine)
- servant's attitude
- journal and pens
- small flashlight
- spending money (for souvenirs, gifts, occasional meals, etc.)
- camera
- toilet paper (two rolls)
- insect repellent / lotion
- shampoo
- Bible
- Passport and visa (if required in advance of departure)
- Positive, flexible attitude
- Sunglasses
- Comfortable shoes, NO NEW SHOES! (Blisters are painful and don't make for good moods!)
- DO NOT pack or wear ANY valuable or flashy jewelry. Leave it at home and dress as simply as possible.

Packing Tips

- Tightly roll (rather than fold) all clothing, you'll get double the amount this way!
- Pack lightly. Remember...you will be carrying everything you pack. Ladies, please don't assume men will carry an extra heavy suitcase for you.
- Lay everything out that you want to pack a couple of weeks prior to departure. Take out half of it before you actually pack.
- Leave at home any items that you couldn't live without. Remember...If you don't take it with you, you can't lose it or have it stolen.
- Take items that you could leave with people in need.
- Take a change of clothes, personal hygiene items and personal medications with you in your carry-on luggage because sometimes checked luggage is lost or delayed.
- Secure items before closing your luggage that could open during flight (shampoo, medicines, etc.). Some people have had to wear clothing with the fragrant smell of *Pepto Bismol* or mouthwash!

Packing Expectations

- Expect your plans to change or be adjusted frequently.
- Expect a dirty bathroom and unclean living arrangements.
- Expect food to be different in presentation and taste.
- Expect to see lots of trash in public places.
- Expect to stand out as a foreigner!
- Expect to not have access to bathrooms while site seeing.
- Expect to be impressed by people who live happily with very little!
- Expect God to work deeply in your heart and mind as you experience another culture!