

Packing List:

Please note that we are not going to represent a country, rather, we are going as representatives of Christ. We recommend that clothing and bags not bear American symbols or text (i.e. flags, stars and stripes, other Americana). Since many areas of the world are not pro-American, it can be offensive and even dangerous. In order to avoid problems, we ask you to please keep this in mind when packing.

Clothing:

- Your team leader will communicate appropriate attire for the project, social, church, and other activities. Keep in mind the climate and culture of your destination. We will always want to be respectful guests.
- It is not advised that you bring along any expensive jewelry items.
- Walking shoes - comfort is key! This is not the time to try out a new pair of shoes.
- Construction specific: hat, work shoes, work gloves, safety glasses, knee pads

Medications and First Aid:

- Please carry personal medications with you in your carry-on bag with copies of your prescription.
- Personal first-aid: anti-diarrheal medications, over the counter medications you might use on a regular basis, bandages, disinfectant, etc.

Toiletries:

- Sunscreen
- Soap
- Towel and washcloth
- Zip-lock baggies
- Anti-bacterial hand wipes
- Contact lens solution and cleaner
- Extra glasses - if you have contacts
- Insect repellent

General Travel Items:

- Camera, batteries, film / memory cards
- Flashlight and batteries
- Light backpack
- Money pocket with spending money (discreet - fanny packs are frequently stolen)
- Passport - **keep with you at all times**. Carry a clear photocopy in another place (luggage, with another teammate) in case it is lost or stolen. This can help facilitate the reissue if a passport from the American Embassy.
- Personal snacks
- Sunglasses
- Water bottle