

Packing List

A common conversation amongst mission travelers is what to bring overseas. Although packing lists vary greatly from trip to trip and person to person, there are a few things that should be found in as many bags as possible to ensure safety and comfort.

The Basics

- First-aid kit, including bandages, Q-tips, eye drops, earplugs, wet wipes, antibiotic cream, and medications for allergies, colds, and pains
- Plastic pill bottles as containers for such small items as cotton balls, safety pins, rings, or earrings
- Battery powered travel alarm clock or a stopwatch with an alarm for your wake-up calls
- Adapters for electrical appliances
- All required travel documents
- Travel insurance information
- Sturdy, reusable water bottle
- Camera (with extra/reusable batteries and film/memory card)
- Small backpack/bag for daily use

Clothing

- Sweater or pullover fleece
- Raincoat or windbreaker
- Long sleeved shirt
- T-shirts for daily use (that can get dirty)
- Shorts
- Light pants (that can get dirty)
- Comfortable jeans for evening supper
- Dress shirt/pants or dress/skirt

- Socks
- Closed toed shoes
- Pajamas
- Undergarments
- Hat or bandana and sunglasses

Toiletries

- Shampoo and soap in travel size containers
- Spare set of contact lenses and/or glasses
- Toothbrush and toothpaste
- Shaving pack
- Comb or hairbrush
- Deodorant
- Body lotion
- Hand wipes or sanitizer
- Sunscreen
- Insect repellent
- Lip balm with SPF
- Feminine products

Optional

- Flashlight or headlamp
- Notebook to use as a journal
- Packable snacks (i.e. power bars, granola bars, nuts)
- Binoculars
- Extra plastic bags for dirty clothing and shoes
- Playing cards
- Books

