

## Suggested items to bring with you

### Men & Women

- Change of clothes to last throughout trip. Take articles you can mix and match. Also try to make an outfit last 2 days, including slacks, jeans, capris or skirts. Nice t-shirts or button-down shirts are generally okay. (No sleeveless)
- Nice outfit for church on Sunday. Women will need to wear a dress or skirt.
- Walking shoes-make sure they are comfortable and you can walk on an uneven surfaces with them.
- Sweater or light jacket
- Sleepwear
- Socks
- Underwear
- Flip-flops/sandals
- Sunglasses
- Money belt
- Hat

### Medicines

- Prescription medication
- Aspirin/pain/cold medicines
- Cough drops
- Benadryl
- Eye drops and nose drops
- Sleep medication (e.g. Advil PM)
- Imodium AD
- Laxative
- Antacid tablets
- Lip Balm with sunscreen

### Snacks

- Gum
- Candy
- Trail mix
- Peanut butter
- Cheese crackers
- Granola bars
- Power bars
- Sweet-n-low
- Drink mix (to go into water bottles)
- Flour tortillas

### Toiletries

- Shampoo, conditioner, soap, deodorant, toothpaste
- Brush
- Blowdryer
- Washcloth
- Kleenex
- Sunscreen
- Moistened hand wipes
- Hand sanitizer
- Band-aids and antibiotic ointment
- Toilet paper
- Shaving cream/razor
- Makeup
- Glasses
- Contact lenses/solution
- Insect repellent

### Tools

- Bible
- Journal
- Pens & pencils
- Backpack or tote bag
- Family photos
- U.S. map to show where you live
- Flashlight (small)
- Earplugs
- Eye mask
- Neck pillow
- Reading material
- Alarm clock
- Adapter or converter (if needed for electrical Appliances)
- Camera and film/memory card
- Zip-lock bags
- Plastic grocery bags
- Extra batteries

### Documents

- Passport
- Immunization records
- Airline ticket
- Emergency contact information
- Credit card (for emergencies)
- Spending money