

---

## Luggage

Limit your bags to 2 pieces – one checked bag up to 50 pounds (verify with airline) and one carry-on bag. Your carry-on bag should have a change of clothes and important items like your Bible, journal, snacks, and toothbrush in case of a late bag arrival. Your carry-on bag has a weight limit and sometimes is weighed or measured.

If you are traveling on smaller, regional jets sometimes the luggage requirements can be stricter (e.g. bags must be less than 30 pounds). Be sure to restrict your bag size to the smallest bag requirements. Always check with your air carrier when in doubt, bag fees can be very expensive. Bottom line, don't push the limit on your suitcase weight – remember you will have to carry it.

NOTE: All carry-on liquid items must be 3 ounces or less and put in a 1 – quart clear plastic bag. See the 3R1R1 rules on the TSA website ([www.tsa.gov](http://www.tsa.gov)) for more information.

It's important to stay hydrated when flying long distances. Maybe bring an empty water bottle in your carry-on bag and fill it after you get through security. You can also get refills while in flight. Also, wash your hands often. Carry a small bottle of hand sanitizer as airports and planes are filled with people!

Wear loose fitting clothes and shoes while traveling. Avoid lots of jewelry, shoes with laces, belts and anything that must be removed before entering security. The key is simple – dress simple.

Don't be the 'funny one' while in security. Security personnel take their job very seriously and it's important to be respectful and polite.

---

## Clothing & Basics

In most cases you should pack your entire trip's worth of clothing and/or plan on washing clothes in a sink. Bring a travel size of detergent if you want to wash some items. We encourage light clothing that doesn't wrinkle and can dry quickly. Wicking/nylon-blend/backpacking/travel clothes are ideal.

Men, it's typically best to wear long pants but longer shorts will be appropriate some of the time. Pants are best to work in with breathable cotton or nylon-blend as opposed to only jeans.

Women, please dress modestly with no tank tops or tight fitting clothes. Skirts are acceptable; just make sure they fall below the knee. A few pairs of shorts are okay as there may be times when appropriate. Pants are best to work in with breathable cotton or nylon-blend as opposed to only jeans.

Below is just a packing guideline. Please adjust this list to your personal situation. **Modesty is the key in all attire.** Please check with your Trip Leader for any clothing restrictions based on culture or religion.

- ❗ A couple pairs of pants
- ❗ A nice, but casual set of clothes for any special events or church
- ❗ Several casual shirts and/or t-shirts
- ❗ Outerwear – sweatshirts, rain jacket, etc.
- ❗ Work clothes (*think: getting dirty*)
- ❗ A couple pair of shorts
- ❗ Athletic shoes
- ❗ Sandals (not Flip-flops)
- ❗ Underclothing, Socks
- ❗ A modest swimsuit
- ❗ A towel
- ❗ Travel pillow
- ❗ Sleeping bag – check with Trip Leader

---

## Other Items

Additional items to consider, please adjust this list to your personal situation.

- ❗ Small Backpack (use as carry-on)
- ❗ Passport and Copy of Passport
- ❗ Bible, Notebook or Journal
- ❗ Sunglasses, Hat, Small Umbrella
- ❗ Small Flashlight
- ❗ Camera
- ❗ Pocket photo album (*to share with new friends or host families*)
- ❗ Travel Alarm
- ❗ Ear Plugs
- ❗ Sunscreen, insect repellent
- ❗ Personal Toiletries (*soap, shampoo, deodorant, toothbrush, toothpaste, feminine items, hand sanitizer, etc.*)
- ❗ Personal medications (*prescriptions, Tylenol, motion sickness, etc.*)
- ❗ Note: If you need special medications or equipment (narcotics, syringes, etc.) please bring official doctor's permission.
- ❗ Converter/adapters

## **Cameras, Gadgets and Phones**

Please do not bring expensive cameras that you would hate to lose. Bring throw away personal cameras, or share a nicer digital camera among several team members.

iPods for travel are fine, but don't bring other high tech gadgets please (i.e. DS, PSP, etc.).

Bringing your computer is not recommended. You may have internet access from time to time and be able to send emails to your family or friends. But keeping up with a computer is not ideal.

If you have a US branded cell phone and plan on taking it, please check with your carrier before you leave to make sure you are aware of all the fees involved in using your phone internationally (this includes all calls, data and texts). You might consider using a phone card instead.

---

## **Money**

Bring \$50-\$100 in cash to cover any unexpected expenses or tourist activities, as well as extra money for souvenirs and snacks. Please wait to convert currency until you are in your host country.

If you are bringing a credit card on your trip, please contact your credit card company to let them know you are traveling internationally. Many banks will lock your card if they see international charges without notification.

Please do not bring travelers checks as these can be hard to process in some countries.