

PACKING LIST

Clothes:

- Clean underclothes and socks for eight days (if traveling in July, ten)
- Jeans or other long pants... at least 3-5 pairs
- T-shirts for the week... many days you will use two
- Church clothes:
 - Women-skirt, dress, slacks
 - Men-nice jeans, casual slacks and collared shirt
- Hat
- Hiking boots, sport sandals, work shoes... at least two pairs of footwear
- Flip flops (for lodging and shower) Water shoes (optional)
- Bathing Suit
- Light Jacket

Toiletries:

- Toothbrush and toothpaste
- Deodorant
- Razor and shaving cream
- Small mirror
- Soap and shampoo (avoid floral, fruity, or herbal scents)
- Comb/Brush
- One roll/package of (toilet/facial) tissue
- Feminine hygiene items

Travel Necessities:

- **Personal medical kit*
- Glasses, contact lenses and supplies, sunglasses
- Sunscreen...SPF 25 or higher, chapstick and sunburn remedies
- Insect repellent (Off, Avon Skin-So-Soft, Skintastic)
- Individual Wet-Ones (to carry in your pocket or day bag)
- Flashlight and batteries
- A small canteen or personal water bottle
- Plastic trash bags (for dirty clothes)
- Ziploc bags (for sealing snacks, film, and other items)
- Camera and film... bring more than you think!
- Rain jacket or poncho!!!!
- Towels and washcloths... two sets
- Blanket, if you sleep cold

Other Items:

- Passport
- Cash...for souvenirs and snacks. Small bills so not to exchange more money than needed.
- Bring a few one dollar bills for tips and offerings
- Pen
- Bible
- Other books to read

**Personal medical kit*

- Prescription medications
- Pain Reliever (Tylenol, Advil, Aspirin)
- Anti-diarrhea medication
- Extra eye glasses
- Neosporin ointment
- Bandages
- Anti-itch cream/spray (Benadryl)