



HOPE RENEWED

INTERNATIONAL

MASTER PACKING LIST

- Bible, pen and journal
- Passport (original and copy)
- Copy of travel insurance
- Money for souvenirs, snacks or incidentals (The amount you choose is up to you. We suggest about \$50-\$100. You can also use a credit card.)
- Travel backpack for items you will need during the day
- Water bottle (refillable)
- Antibacterial hand gel
- Wet wipes
- Toiletries (shampoo, soap, deodorant, toothbrush, toothpaste, contact solution)
- Sun screen
- Bug spray (mosquito repellent)
- Over the counter medicines (Tylenol, anti-diarrhea pills, anti-nausea pills, airborne, vitamins, antacid, Pepto etc.)
- Personal medication and a list of that medication
- Work clothes (that can be ruined)
- One nice outfit (for church)
- Everyday comfortable clothing (blue jeans, khakis, t-shirts, polo shirts, shorts)
- Comfortable shoes (Tennis shoes/sandals/shower shoes. Please bring one pair of closed toe shoes that can be ruined or get dirty)
- Zip lock bags
- Locks (for luggage while in country)
- Snacks (beef jerky, power bars, granola, oatmeal, sweetener, power drink mix...if you are a picky eater bring lots of snacks!)

OPTIONAL ITEMS

- Books, Kindle etc.
- Hair dryer
- Umbrella or rain poncho/hat (during rainy season)
- Sunglasses
- Flash light
- Alarm clock
- Travel pillow
- First Aid Kit (Team Leaders – bring one per team) consider packing at least the following items:
 - Tea Tree Oil (for lice prevention)
 - Benadryl
 - Cortisone cream
 - Bandages
 - Antibiotic Ointment
 - Tweezers

THINGS TO REMEMBER

- Download WhatsApp – an internet based calling and texting app that works great internationally
- Give emergency numbers to family and friends.
- Check your airline travel restrictions for carry-on bags and weight limitations. Most airlines limit checked bags to 50 pounds.
- Don't bring clothing that calls attention to yourself. Err on the side of modesty.
- Don't bring camouflage or fatigue clothing.
- Pack an extra change of clothes and essential medication or supplies in your carry-on bag just in case your luggage gets lost or you have a flight delay.
- Don't pack too much.
- Call credit card companies and let them know you are traveling out of the country.
- There is Wi-Fi where we will be staying, you can call or text from there.