



HOPE RENEWED

I N T E R N A T I O N A L

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...)
- 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 (There are 3 at the Guest House)
- Umbrella or rain poncho/hat (during rainy season)
- Sunglasses
- Flash light
- Alarm clock
- Travel pillow
- Lice Shampoo (Can be bought by one team member for the team.)
- Tea Tree Oil (for lice prevention)

THINGS TO REMEMBER:

- 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 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
- We offer free WiFi at the guest house and you can call or text from there.