



PACKING LIST: NON-CLOTHING ITEMS

Here is a list of items to bring for the trip. Of course, there may be other things you would like to bring in addition to what is below.

REQUIRED

- Passport: Please check to confirm that your passport has not expired, and will not expire until at least 6 months after the trip ends.
- Passport copies: for safety reasons, please make two copies of your Passport and email one electronic copy to yourself. Leave one copy at home with someone who could be reached in case of emergency and bring one with you somewhere safe in your luggage. The emailed copy is in case you need to retrieve it electronically.
- Bible
- Field Guide training materials: there is a portion to be used while you are in country
- Any unique item necessary for your good health, such as an EpiPen to use after an allergic reaction, insulin shots if you are a diabetic, etc. Be sure to keep such items in your carry-on, not your checked luggage.
- Prescription medicines must be in the actual bottle with a copy of the prescription. Pack more than your planned need. Pack medication only in your carry-on and only in the current prescription bottle. Never pack prescription medicine in an unmarked container.
- Towels: Please bring your own ***bath towel*** and ***beach towel***, as well as small towels or cloths you may desire to take with you to use to wipe any sweat you may experience in the heat.
- Water bottle: We will use a water dispenser to refill them multiple times daily. We ask that you only drink water provided by or approved by leadership. We'll note that bottles with a carabineer are useful and mobile.
- Insect repellent: there will be mosquitoes and other bugs.
- Alarm: You are responsible to have a means to wake yourself, whether it is a watch alarm, phone alarm, travel alarm clock, or other. It is good to have a battery-operated option in case there is no electricity.
- Daypack: You must have a backpack or shoulder bag to take with you each day. This can be the same as your carry-on bag.
- \$10 tourism fee for entry into country

PERSONAL EFFECTS AND TOILETRIES SUGGESTIONS

- Toothpaste and toothbrush
- Hair care items: Brush, bobby pins, barrettes, headbands, bandanas, hair ties, etc.
- Toilet paper: you may purchase small rolls of “camping” toilet paper or make your own travel roll. Please take toilet paper with you everywhere you go. The places the team will stay will have toilet paper; this is only for when we’re away from the hotel/guest house.
- Tissues
- Q-tips
- Good smelling body soaps, shampoos, and conditioners
- Lotion



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- Deodorant
- Sunscreen: If you burn, please bring sunburn relief products i.e. aloe.
- Other personal effects/items you may desire during your time on the field.

OTHER SUGGESTIONS

- Sunglasses
- A garbage bag or laundry bag for dirty clothes or shoes
- Flashlight
- Journal
- Poncho or rain jacket: Past team members have said they would rather get wet, it is up to you.
- Over-the-counter medications: Sunburn ointment, Band-Aids, Eyewash, Benadryl, motion sickness tablets, Pepto-Bismol, Imodium A-D, Tylenol or Tylenol PM, Allergy/Sinus medication, cough drops, Dramamine, etc. We will have a medical/first aid kit as backup, but its supplies are limited, so please bring your own OTC medications, especially for those illnesses to which you are prone.
- Emergen-C, Airborne or other healthy items: these are vitamin-enriched drink packets that can be added to water to boost your immune system.
- Water flavor packets. Past team members have said this helps the water taste better.
- Vitamins, fiber, probiotics, etc. to aid digestive system. New places with new food can upset your system even if you normally do not have any issues.
- Comfort items (none are necessary): Pillow, blanket, games, snacks.
- Pocketknife or Leatherman: Do NOT pack in carry-on, be sure to pack it in your checked baggage.
- Camera
- Photos of those closest to you: Photos are great for bonding with the nationals and for homesick moments. A photo of your family, your pets, etc. placed in your Bible can be very handy for time with local people when you do not speak the language. It makes a fun bonding experience.
- A few assorted sizes of Ziploc bags for things that may get messy in your packing.
- Febreze: This can help keep you smelling fresh.
- Contact lens care kit.
- Travel pack of handy wipes or baby wipes or hand sanitizer: we want to stay clean and sanitary. You do not need both the wipes and sanitizer, but we suggest you bring at least one of those.
- Small sewing kit (checked baggage).
- Nail clippers, tweezers, small scissors (checked baggage).
- Money belt, pouch, etc.: These are a safe way to carry money, ATM cards, and more.
- Ear plugs: your neighbor may snore and if you know you snore, be extra nice and bring some for your roommates.



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- iPod/MP3 player and headphones: please use such items sparingly.
- Music list with chords, and an instrument if you're interested in playing (contact your leader with questions).
- Laptop: We discourage the use of laptops, but your team leader may allow you to bring one for functions related to the team.

Note: Convoy of Hope cares about your personal belongings, but does not take responsibility for them. Please note that you are responsible for any and all items you bring. While travel insurance is part of the trip expense, property insurance is not.