



Participant Packing List Suggestions

Be sure to check with your Trip Leader regarding any specific items you may need / want due to the area you will be visiting.

Essentials

Travel Documents

- Passport / Visa (check destination specifics)
- Driver's License
- Boarding Passes (printed or electronic)
- Travel Insurance Information
- Emergency Docs (health insurance card, allergy list, medication list, emergency contact)
- Copies of all documents and credit cards stored separately from your passport (paper copy or saved to a USB drive)

Funds

- Wallet
- Credit Cards
- Cash

Other

- Eyeglasses / Sunglasses / Contacts + spare pair
- Book / Magazine

Electronics

- Cellphone & charger
- Headphones / Earplugs
- PDA / E-reader & charger
- Laptop & charger
- Camera & charger + additional film or memory card
- Voltage adaptor
- Small headlight/flashlight
- Batteries (check airline regulations for packing!)

Toiletries

- Toothbrush, toothpaste, floss, mouthwash
- Bodywash/Soap + washcloth, nylon bath scrubby
- Shampoo, conditioner, hair products, hairbrush, comb
- Facewash
- Deodorant
- Eyewash, eyedrops, contact solution
- Hand / body lotion
- Razor and shaving needs

First Aid & Hygiene

- Rx Medication, prescriptions, vitamins (in carry-on!)
- Sunscreen, sunburn lotion or ointment
- Insect Repellent (check destination specifics)
- Anti-Malaria medication (check destination specifics)
- Rx of a broad-based antibiotic such as Cipro, Z-Pak
- Aspirin, ibuprofen, acetaminophen
- Basic Medications (headache, allergy, stomach upset, motion sickness, diarrhea, cold/cough, sleep aid)
- Basic First Aid (Bandages, antibiotic ointment)
- Scissors, tweezers, nail clippers, nail file
- Feminine Hygiene
- Anti-bacterial wipe handwipes
- Clorox wipes
- Q-tips, small packages of tissues + roll of toilet paper

For the Hospital / Clothing

Hospital / Clinic

- Scrubs – 5 pairs (check destination specifics)
- OR Shoes such as cros
- Backpack / bag to carry items to / from hospital

General

- Casual Shirts, T-shirts
- Shorts, pants, skirt
- Shoes, flip-flops, shower shoes, sneakers
- Socks
- Hat, cap
- Lightweight jacket or sweater
- Undergarments
- Swimsuit
- Sleepwear
- Travel clothes line & pins
- Travel-size packets of laundry soap

Other

- Mints, gum, snacks like peanut butter crackers, chocolate

IMPORTANT: *Check airline regulations regarding carry-on and checked bag regulations. Check with your trip leader regarding destination customs such as attire.*