

Packing List (Ask Your Leader For More Specifics)

Carry-On

- Change of Clothes (x2 Socks & Undergarments)
- Glasses or Extra Contacts/Solution
- Toiletries
- Prescription Medications (In Original Containers, Accompanied by a Physician's Letter on Letterhead)
- Shot Record
- Spending Money for Travel - \$40 USD
- ATM Card
- Snacks
- Antibacterial Wipes
- Reading Material
- **Baylor ID card**
- ***RULE OF THUMB: Include items that you would want if your luggage was lost***

Essentials

- Flashlight or headlamp
- Bible, Pens, & Journal
- Camera & Memory Cards
- Bug Spray with Deet (Non-Aerosol per Airline Regulations)
- Malaria Meds (If Needed)
- Sunblock
- Sunglasses

Toiletries/Meds

- Toothbrush & Toothpaste
- Deodorant
- Hairbrush/Comb
- Shampoo
- Soap/Body Wash
- Toilet Paper (Travel-Sized Rolls or Travel-Sized Packages of Kleenex)
- Feminine Hygiene items
- Anti-Bacterial Hand Sanitizer
- Allergy Medicine (Benadryl)

- Pain Reliever (Tylenol or Advil)
- Imodium
- Pepto-Bismol
- Laundry Detergent (Travel-Sized)
- Laundry Bag (Can use a Pillow Case or Trash Bag)
- Towel & Washcloth

Clothing

- **Modest dress is the rule!!!**
- Skirts (Below Knees)
- Shirts (No Tank Tops or Spaghetti Straps or Anything That Reveals the Midriff)
- Pants, Jeans, or Capris (Lightweight)
- Shorts (*To Be Worn at the Hotel or For Specific Mission Projects...KEEP THEM LONG!*)
- Undergarments
- Socks
- Shoes (Tennis Shoes, Chacos, Dress Shoes...Depends on Your Projects)
- Flip Flops (For Around the Hotel, etc.)
- Pajamas
- Fleece/Sweatshirt (For Mornings & Evenings)
- Windbreaker or Lightweight Waterproof Jacket

Optional

- Umbrella
- Cheap Watch
- Power Converters
- Snacks (Bring Items That Won't Melt)

DO NOT BRING

- Travelers' Checks
- Regular-Size Pillows
- Jewelry
- Earrings (Avoid Anything Large or Flashy)
- No Charms That Display Religious Symbols
- Laptops & Electronics
- ***RULE OF THUMB: If it will distract you or others, leave it behind!***

How to Pack

DO NOT OVER PACK! It is tempting to pack everything you can think of “just in case,” but do you really want to have to lug around a giant, heavy bag? Stick to the provided list of items; it has been designed by seasoned travelers. Buy travel-sized items, follow the tips below, & you will have everything you need for a your trip.

General Guidelines:

- Keep over the counter meds in their original boxes/containers
- Place all liquids in plastic bags
- Take items other than meds out of outer packaging (batteries, snacks, wipes, etc)
- Roll your clothes & utilize large plastic bags for each type of item
- Leave vanity items at home (straightening irons, blow dryers, electric razors, etc.)

Your Carry-On

Your carry-on should be a medium-sized backpack (school pack, day pack, etc). This bag can then be used in country for day trips to various project sites. You will have to carry this bag through various airports.

- Pack any item that you cannot live without if your luggage is lost
- Pack a change of clothing with at least two changes of socks/undergarments
- Pack all prescription medication in one plastic bag with a signed letter from your physician on official letterhead
- Pack all toiletry items in one quart-size bag or smaller. Place this bag in an outer pocket for easy removal at the security checkpoints
- All toiletry items must be smaller than 3 oz.
- Pack extra contact lenses solution and/or eyeglasses
- Pack something to read or do (crossword, sudoku, etc.)
- Pack your bible, journal & pens
- Pack your camera & memory cards
- Pack a few snacks & some gum or breath mints

PLEASE NOTE: You are only allowed one carry-on & one personal item. Security checkpoints in other countries may require that your personal item fit inside your carry-on while going through the checkpoint. Pack your carry-on with this in mind.

Your Suitcase

Everyone is allotted only one bag per person for personal items in addition to their carry-on. Pack this bag as if you will have to carry it around a full city block. If you can't, it is too heavy!

- Pack all your clothing
- Sort items of clothing into their own plastic bags- all socks in one bag, all t-shirts in another & so on
- Pack all toiletry items together in plastic bags to prevent leaking

Money, Passports, & Tickets

- Bring \$40-\$50 US dollars for airport purchases during travel
- Bring your ATM card. You will only need money for personal purchases. **DO NOT BRING TRAVELERS CHECKS!** - These are very difficult to exchange & the rate is lower than cash. Make sure to call your bank/credit card company & let them know you will be overseas so they don't freeze your accounts.
- **Bring your Baylor ID card**
- Bring your passport
- Bring your shot record (for those countries that require certain immunizations in order to enter)

****If you are traveling to Rwanda, you will need to carry cash instead of relying on credit/debit cards. They are little to no credit card machines or usable ATMs. You may want to bring your credit/debit cards along for personal purchases while in transit.****

These are the most valuable items you have when traveling abroad. If they are lost, passports & tickets can be replaced, but not without the expense of time & money. Purchase a traveler's money belt or some other waist pack for carrying these items on your person.

RULE OF THUMB: If you can get to these items easily, so can a thief.