

**PERSONAL PACKING LIST:** Pack your personal belongings in one carry-on roller bag and backpack. Mark personal items with your initials for easy identification. Use your 50lb checked bag for liquids over 3oz (sunscreen, insect repellent, shampoo) and village supplies. Ask your trip leader about potential checked bag fees. Visit your airline's website for the most up-to-date information on bag dimensions. Review the Dress Code Pictures on the website under [Resources: Important Team Info](#), and watch our [How to Pack](#) video.

- ☐ Passport with a digital copy and two color photocopies of the passport and visa kept in different locations
- ☐ Copy of flight itineraries with locator numbers, and travel medical insurance card
- ☐ Shirts: (3) t-shirts or sleeveless shirts, but with wide straps only (no spaghetti strap tanks)
- ☐ Shorts: (3) mid-thigh
- ☐ Socks(4-5): colorful or identifiable to easily find
- ☐ Underwear: (4-5), Bras (3)
- ☐ A light jacket /thin sweatshirt: airports, planes, and nights on the river can get VERY cold
- ☐ Travel clothes: Compression socks are good for long flights
- ☐ Church clothes: can be the same as travel clothes (Women-casual skirt or dress/  
Men-Cargo shorts or pants)
- ☐ Pajamas: (appropriate for mixed company - usually knit pants, shorts, T-shirts)
- ☐ Sturdy village shoes: (recommend, enclosed athletic shoes)
- ☐ Sturdy Flip-Flops: (for boat wear, not for the villages)
- ☐ Swimsuit: one piece or wear a shirt over a full-coverage tankini
- ☐ Hat
- ☐ Sunglasses
- ☐ 8 oz Sunscreen: (preferably lotion, not spray/spray makes the floor slick)
- ☐ 8oz Insect repellent spray (30% DEET is suggested, but please test pre-trip for reactions)
- ☐ Optional Lysol wipes are used to kill chigger after serving the village, but a Lysol dip will be available on the boat
- ☐ Toiletries: in a hanging bag to hang from your hammock
- ☐ Soap for bathing: (useful to put shower items in a mesh lingerie bag with drawstrings)
- ☐ Extra Large Zip Lock bag (5 gal) with handle for keeping your clothes dry in the shower
- ☐ Loofah: (bath towels provided, but not washcloths)
- ☐ Carabiners for hanging items from the hammock
- ☐ A water bottle ( if you can attach a carabiner, all the better)
- ☐ Travel pillow, small travel blanket (Blankets are provided, but it is nice to have an extra)
- ☐ Flashlight or headlamp, preferably with red light (this keeps bugs away)
- ☐ Earplugs, or wireless EarPods for white noise
- ☐ Earphones for in-flight movies
- ☐ Sleep mask
- ☐ Bible, Small Journal, Devotional, Pen/Pencil
- ☐ Travel Snacks (individually wrapped or in a baggie )
- ☐ Individual packs of powdered electrolytes
- ☐ Phone charger
- ☐ Three-plug electrical adapter and 8 ft extension cord (optional) or an extra-long charger
- ☐ Spending/Travel Money: \$100-\$200 in small denominations, recommended for travel expenses. A suggested donation of \$50 per person is optional for the translators and crew.
- ☐ Personal prescription medicines, Malaria pills (**pack all in your backpack/tote**. Keep in mind that if the plane is full, they may require you to check your carry-on items at the gate.