



# Suggested Packing List

*Adjust this list based on your country of travel*

## Primary Carry-On:

- **Passport:** Secure and accessible
- **Other essential documents:** Carry printed copies of your itinerary and visa if required.
- **Toiletries:** Only pack what you will need for the duration of the trip.
- **Medication:** Always keep all prescription medications in your carry-on.
- **Phone:** RTIM is not responsible for international data plans. Coordinate ahead of time with your carrier and budget accordingly.
- **Chargers:** Carry all necessary chargers for your gadgets. In some locations, an international adapter will be necessary.
- **Clothes:** Clean undergarments, fresh socks and change of shirt or top.
- **Travel pillow:** An inexpensive, often inflatable, travel pillow can greatly improve a quick nap or help with overnight sleep on a flight.
- **Compression socks:** These are handy on overnight flights to reduce swelling in your ankles and feet.
- **Snacks:** Travel can be unpredictable, and layovers can be tight. Carry healthy snacks that won't melt or spoil and pack more in your larger luggage if you have dietary restrictions.
- **Earbuds/Headphones**
- **Sunglasses**
- **Light jacket:** Sometimes the airplane and airports can be a bit chilly.

## Primary Luggage (if needed):

When possible, we suggest packing light in luggage that is approved for carry-on. The bag size is standard (22in x 14in x 9in) but weight limits may vary according to airline. Some airlines may charge a small fee for carry-ons over 17kg/37lbs.

- **Clothes:** We are there to humbly serve our brothers and sisters in Christ, so let that be the focus. You may be in a remote location, but you are not on safari. You are there to teach well, so dress accordingly. Business casual is a safe default, but your Training Facilitator will advise according to climate and cultural norms.
- **Shoes:** Wear comfortable shoes to travel and bring appropriate shoes for teaching times.
- **Bible:** It is recommended to have a copy of the Bible and not depend solely on the app on your phone when you are teaching God's Word.
- **Flip-flops or slides:** These are very helpful in warm climate regions.



- **Snacks:** If you have eating restrictions these may be essential. You will be expected to eat with the team and the students. Snacks are only a supplement for your metabolism or eating restriction.
- **Hand sanitizer (small bottle or wipes):** Likely you will greet many new people and then be offered a meal. It is important to discretely keep your hands as clean as you are able.
- **A small supply of medications for various sensitivities as you travel:** You may have preferences but here are some recommendations:
  - Imodium (Loperamide HCL 2mg tablets) – To treat traveler’s diarrhea
  - Ciprofloxacin HCL 500mg – Travel Prescription from your family doctor, antibiotic for digestive problems.
  - Senna Tea – A simple remedy to relieve travel constipation
  - Instant Coffee packets – Sometimes you need a little more caffeine
  - Hydration tablets or powders
  - Tylenol PM (Acetaminophen 500mg & Diphenhydramine HCL 25 mg) – This sleep aid can help ensure rest when you cross time zones or sleep in a place with more noise than you are accustomed.
  - Tylenol (Acetaminophen 500mg)
  - Decongestant PE (Phenylephrine HCL 10mg)
  - Benadryl (Diphenhydramine HCL 25 mg) – Your body may react differently to the flora and fauna of a new location.
  - Zyrtec (Cetirizine HCL 10mg) – For allergies

*Always consult your physician before traveling internationally and regarding prescription medications.*



## General Travel Tips

International travel comes with a variety of blessings and challenges. This simple list may help you enjoy the blessings as you deal with the challenges.

- **Passport:** Your passport is the most essential document you have during international travel. You will have to present your passport at check-in and various points during your travel. It is recommended to have your passport in a secure but accessible location.
- **Timing:** Allow extra time at the airport. It is better to arrive early and wait than to calculate your arrival precisely.
- **Finding Gates:** When you arrive at a layover stop, find your next gate before stopping for food. Sometimes gates or departure times may change. Your continuing travel is more important than a quick meal.
- **Dealing with delays:** Delays are a part of travel. If you experience a delay that may impact your connection, go directly to a gate agent or a ticket window. They will be more likely to help you in the moment. The folks at the RTIM home office are happy to help, but your best first option is an airline representative at the airport.
- **Carry-on:** It is recommended to use only a carryon when possible. Given the nature of multiple connections and the possibility of more than one airline, using only carry-on will reduce the risk of losing your luggage. Make sure your carryon luggage satisfies TSA specifics. (22in x 14in x 9in) You should be able to live out of your carryon for one overnight stay. You should pack a toiletry bag with all prescription medications, clean undergarments, fresh socks, a jacket, and a change of shirt or top.
- **Phone Plan:** You are responsible for investigating how your phone plan will operate when you arrive in the country you will serve. You may consider using only Wi-Fi while outside the US, using your provider's international plan, or exploring the option of using an eSim. At many sites you can access reliable Wi-Fi to communicate with home. RTIM is not responsible for additional data costs on your phone plan.
- **Water:** Hydration is essential when traveling. After you leave a US airport, you may not have access to safe tap water. When in doubt, drink only bottled water. (Your TF will consult with you on this) In addition, you need to drink more water than you normally drink. While flying, proper hydration will help with alertness and digestion. If the teaching site is at a high altitude or hot climate, proper hydration is essential to protect your body.
- **Digestion issues:** You will be eating many different things than you are accustomed to. Your body and digestive system may speed up (loosen) or slow down (tighten) based on the diet of the host country. A loose or tight system does not always mean you are sick. It may simply be the result of a different diet. However, if your symptoms persist, consult a physician.