

# Live Missions Packing List

## Travel Items

- Passport, Certificate of Yellow Fever Vaccination, Copies of Passport in each piece of luggage.

## Luggage

- 1 Luggage bag (50lb limit), 1 Carry-on bag.
- Spending Money for meals while traveling, snacks

## Personal Items

- Bible, journal, notebook, reading material, wash cloths, pillow, hair drier, razor, toothbrush, toothpaste, bug repellent with deet, sunscreen, sunglasses, camera, flashlight, umbrella, backpack, shampoo, soap, snacks.

## Personal Items

- Closed toed shoes for Ministry sites
- Jacket (Some places may have rain), poncho
- Hat/Sunglasses
- Towel
- Flip Flops (Shower)
- Socks/ Underwear
- Sunscreen/ Insect Repellent
- Hand Sanitizer/ Wipes
- Shampoo/ Conditioner/ Body Wash
- Toothbrush/ Toothpaste
- Glasses/ Contact case
- Voltage Converter (Adapter).

## **Medicines and Hygiene Items**

- Required medicines, malaria medicine, Tylenol, anti-biotic cream, something for traveler's diarrhea, something for constipation, anti-bacterial hand cleaner, small first aid kit, Kleenex

## **Men's Clothing**

- Travel/Hotel: Shorts, Sweats, t-shirt.
- Ministry Site: Khaki Pants, t-shirt, jeans (no holes)
- Not Allowed: Sleeveless shirts, tank tops.

## **Women's Clothing**

- Travel/Hotel: Shorts, Sweats, t-shirt.
- Ministry Site: Skirts (Below the knees), t-shirts.
- Not Allowed: Mini-skirt, spaghetti strap tanks, halter tops.

## **Medication**

- Tylenol etc., Dramamine (Motion sickness), any over the counter meds.
- Prescription Medication: Please make sure all your prescription medication has the label on it with your name printed on the label. The participant is required to maintain all meds, Live Missions staff will not be held responsible or medications of any kind.