



# PACKING LIST

## CLOTHES

Participants are encouraged to bring a cap of some kind for sun protection instead of sunglasses. This protects your head and your eyes and leaves you more open to connecting with the people we meet.

- Light-colored, light-weight clothing
- Light, long-sleeved shirts and pants to protect against mosquitoes
- A light jacket or sweatshirt for the evenings
- Dry quick shirts
- Good walking shoes
- Comfortable clothes for relaxing in the evenings
- A versatile “nice yet casual” outfit
- Sun hat or cap
- Socks
- T-shirts
- Sandals & flip flops, bathing suit
- Sleep wear
- Fitness attire
- Small umbrella and/or waterproof jacket or poncho

## MATERIALS

- A tote bag to bring home purchases (or leave a little room in your suitcase)
- Book for reading on plane
- Notebook and pens
- Camera & batteries
- Travel pillow
- Energy bars and snacks, if desired
- Plug adaptor (see electricity section of travel guide)
- Tissue packs
- Hand sanitizer



## ESSENTIALS

- Passport
- Money pouch
- Cash (see money section of travel guide)
- Day pack
- Photocopy of your passport & insurance policy (You can email yourself a scanned copy)
- Earplugs (Dogs, buses, noisy neighbors – a pair of good earplugs can be invaluable!)
- Small flashlight or headlamp
- Watch or alarm clock
- Plastic bags – good for keeping valuables dry/dust-free
- Reusable water bottle

## MEDICAL KIT & TOILETRIES

You should include an adequate supply in your hand luggage of any prescribed medication (in its original labeled container) you may require while traveling.

- Sunscreen, Bug spray
- Any medication you take
- Allergy medication/ epi-pen
- If you have a favorite doctor, bring their phone number in case you get sick and want a trusted expert with whom to talk
- Anti-malarial tablets – if advised to take them by a medical professional
- Re-hydration salts and anti-diarrhea preparations
- Pepto-Bismol for stomach upsets
- Painkillers
- Motion sickness medication (i.e. wrist bands, Dramamine, prescription Scopolamine)
- First aid kit - antiseptic cream, Band-Aids, sterile wipes
- Pre-moistened antibacterial hand wipes (wet type)
- Razor, hand lotion, soap
- Shampoo and conditioner

**\*\*Important Reminder:** All travelers are encouraged to notify their bank of their travel plans so that the bank does not see charges as illicit activity and put a block on the card.