



Packing List

We have provided you with suggestions for packing for your trip to any country that you will visit with the Water Edge Family of Churches. Below, you will see additional items for your specific country that you will be visiting. Before packing, it is wise to check with your team leader and airline about the number of bags allowed and restrictions.

- o Passport (International Travel)
- o 2 Copies of your passport kept in separate locations
- o Travelers Insurance Card (provided by team leader)
- o Luggage Tags
- o Travelers First Aid
- o Bible
- o Journal/Pen
- o Money Belt
- o Prescription Medication (pack in carry-on)
- o Any over the counter medication. This could include pain reliever, anti-diarrheal meds, motion sickness medication, sleeping pills for jet lag, cold medicine, electrolyte packets, tums/pepo, antibiotic ointments, calamine lotion, cortisone cream and multivitamins.
See travelers first aid kit in Personal Health Care for the Traveler Document.
- o Insect Repellent Lotion (Picardian)
- o Sunscreen
- o Anti-bacterial hand gel or disinfectant wipes
- o Comfortable walking shoes
- o Any converters for electronics. Note: High voltage items will blow circuits. Please keep this in mind
- o Snacks (*If you bring food from home, please eat it privately and not in front of children or ministry partners*) Bottled/purified water will be provided for you
- o Flashlight or headlamp (power outages)
- o Work Gloves
- o Travel size toilet paper for times you may be without
- o Flip flops or shower shoes
- o Alarm Clock

- o Chargers
- o Electronic device converter if applicable. *See country specific packing lists below.*
- o Clothing/toiletries. Please see below for country specific rules and what is appropriate. Some additional details about dress will be included in the country specific guidelines. In general, we want to be culturally sensitive and respectful
- o Expensive jewelry or other valuable items are **not recommended** to prevent theft.
- o We suggest packing a couple days' clothing and toiletries in your carry-on. In case luggage is lost or delayed. Also, pack all prescription medication in carry-ons
- o Cash and credit cards. Different countries do accept most major credit cards. Bring cash for smaller markets. In some countries you can get cash out of an ATM but it is still better to have cash on hand in the event that ATM's are not available. Notify your bank/credit card company ahead of time of your international trip. Most banks can exchange currency in the states. This usually takes two to four weeks. If you prefer to exchange currency with your own bank, please do so in due time. If you are exchanging in country stick to \$20, \$50 and \$100 bills that are clean and crisp printed after 2007

Country specific packing guidelines

Guatemala

- o Modest tops. No spaghetti straps or tight cling blouses
- o Sweatshirt, fleece or jacket for cool nights. Dress in layers
- o Pants/Jeans and modest shorts
- o Skirts/dresses should be at or below the knee
- o Church attire (dress pants, collared shirt, dress etc.)
- o Umbrella or rain jacket for rainy seasons
- o Towel and washcloth if your accommodations does not provide them
- o Insect Repellent Lotion (Picardan)
- o Guatemala uses 110 volt, 60 cycle electricity, same as the US. Plugs are typically the 2-pronged flat type. Outlets rarely have three holes, if your device has a third prong, bring an adaptor
- o Reusable Water bottle (drink ½ gallon per day)
- o Antibacterial soap
- o Hat for sun and rain protection

Jamaica

- Jamaica uses 110V, 50 cycle electricity A and B type outlets. You should not need a converter for your electronics.
- PASSPORT, FLIGHT INFORMATION, EXTRA ID, MEDICAL INSURANCE CARD
- Extra Spending Money
- Summer Clothing (Shorts, t-shirts, modest tank tops, jeans -- No short skirts short shorts, spaghetti strap tops)
- Lightweight Sleepwear
- A pair of tennis shoes or good walking shoes
- A pair of shoes for working, building, painting, etc.
- A pair of water shoes if you have them
- Bug repellent
- Sunscreen and Aloe for sunburn
- All necessary toiletries including soap and shampoo – towels are provided but washcloths may not be.
- Water Bottle
- Snacks
- Over-the Counter stomach medicine and pain medicine (Pepto or Imodium, Tylenol, Advil etc.) Just in case!
- Hand sanitizer
- Beach Towel
- Laundry Bag
- Wet Wipes
- Hat or baseball cap
- Sunglasses
- Work Gloves
- Backpack or small travel bag
- Battery operated Fan
- Pens, notepad or journal, Bible

Peru

- Peru uses 220V electricity. Though they use type A and B outlets, a converter for your 110V devices will be needed.

Indonesia

- Indonesia uses 230V, 50Hz electricity. Outlet types C and F. You will need a converter for your devices.

Cambodia

- o Cambodia uses 230V, 50Hz electricity. Outlet types A, C and G. You will need a converter for your devices.

Ukraine

- o Ukraine uses outlet type F or Schuko plug. You will need a converter for your devices.