



## Packing List

We have provided you with suggestions for packing for your trip to any country that you will visit with the Water's Edge Family of Churches. Below, you will see additional items for the 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 any 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 relievers, anti-diarrheal meds, motion sickness medication, sleeping pills for jet lag, cold medicine, electrolyte packets, tums/pepto, antibiotic ointments, calamine lotion, cortisone cream, and multivitamins. *See traveler's 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 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). Note: High-voltage items will blow circuits; please keep this in mind. *See country-specific packing lists below.*
- o Clothing/toiletries. Please see below for country-specific rules and what is appropriate. Some additional details about clothing 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 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 if ATM's are not available. Notify your bank/credit card company ahead of your international trip. Most banks can exchange currency in the US; this usually takes two to four weeks. If you prefer to exchange currency with your bank, please do so promptly. If you are exchanging in country stick to \$20, \$50, and \$100 bills that are clean and crisp and 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 do not provide them.
- o Insect Repellent Lotion (Picardan)
- o Guatemala uses 110-volt, 60-cycle electricity, the 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, are provided but washcloths may not be.
- Water Bottle
- Snacks
- Over-the-counter stomach 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.