

## PACKING CHECKLIST

We are ambassadors of Christ and will be viewed as such. Out of respect for overseas Christians it is important that we comply with their clothing standards.

### Documentation

- \_\_\_\_\_ airline ticket
- \_\_\_\_\_ passport
- \_\_\_\_\_ photocopy of passport
- \_\_\_\_\_ insurance information
- \_\_\_\_\_ emergency information

### Finances

- \_\_\_\_\_ money
- \_\_\_\_\_ credit card
- \_\_\_\_\_ copy of charges & contact #

### Health Items

(only those that apply to you)

- \_\_\_\_\_ vitamins
- \_\_\_\_\_ prescription meds
- \_\_\_\_\_ antihistamines for allergies
- \_\_\_\_\_ pepto bismol
- \_\_\_\_\_ anti-diarrhea medicine (Immodium)
- \_\_\_\_\_ medicine for travel sickness
- \_\_\_\_\_ band aids

### Personal Items

- \_\_\_\_\_ soap
- \_\_\_\_\_ deodorant
- \_\_\_\_\_ shampoo/conditioner
- \_\_\_\_\_ toothbrush/toothpaste
- \_\_\_\_\_ sunscreen
- \_\_\_\_\_ hand lotion
- \_\_\_\_\_ chap stick
- \_\_\_\_\_ bug repellent
- \_\_\_\_\_ sunglasses
- \_\_\_\_\_ pens
- \_\_\_\_\_ camera/extra cards
- \_\_\_\_\_ alarm clock/watch
- \_\_\_\_\_ razor/shaving cream
- \_\_\_\_\_ flashlight/batteries
- \_\_\_\_\_ money pouch
- \_\_\_\_\_ Bible /journal

### Women's Clothing

- \_\_\_\_\_ skirts (suggested to cover knees)
- \_\_\_\_\_ lightweight dresses and skirts (no bare shoulders)
- \_\_\_\_\_ blouses, t-shirts (no tube-tops or braless clothing)
- \_\_\_\_\_ bras/underwear (must be worn at all times)
- \_\_\_\_\_ swimsuit (modest full piece)
- \_\_\_\_\_ sleepwear (comfortable but not skimpy)
- \_\_\_\_\_ socks/2 pairs shoes, walking & casual
- \_\_\_\_\_ lightweight rain jacket

### Men's Clothing:

- \_\_\_\_\_ lightweight pants, jeans
- \_\_\_\_\_ under shorts (must be worn at all times)
- \_\_\_\_\_ shirts (worn at all times)
- \_\_\_\_\_ swimsuit (no European cuts)
- \_\_\_\_\_ sleepwear (comfortable but not skimpy)
- \_\_\_\_\_ socks, 2 pairs shoes, walking & casual
- \_\_\_\_\_ lightweight rain jacket

### Other things to consider:

- Clothing should be modest. Shirts and caps must not contain any questionable designs, such as beer advertisements or rock groups.
- Church: wear nicer, dress clothing.
- Men: no earrings. Women: modest makeup
- Shorts: We suggest the hem be no more than four inches above the knee.
- Please check specific weather conditions for the area in which you will be traveling.
- Use discretion: In rare circumstances, men and women may sleep in the same room when staying with missionaries.
- If you bring questionable clothing, you may be asked to purchase new clothes.