**GENERAL PACKING LIST**

The following is a guide to help you begin packing for your trip. Every trip and every country have slight variations of the following list. Please refer to our website for additional information and discuss any questions you have with your team leader.

**Carry On Personal Bag**

You can carry on two bags. The first bag that will need to fit in the overhead compartment above your seat and will carry mostly your clothing which is listed below. Your second bag should include your valuables and things that you would want to access easily while on the plane. It must fit easily in the seat in front of you and should include the following items:

🗆 **US Passport** You will need to carry this in a safe place. We recommend an under the clothes bag for this if possible.

Print out 3 copies of your passport picture page – Leave one copy with someone in the USA, carry one with you, and give one to a team leader.

🗆 **Money** We recommend carrying no more than $200 CASH. You can bring a credit card for use in the airport and for emergencies – Call the company and let them know the dates you will be out of the country in case you need to use it.

🗆 **Bible** This is a Christian mission trip and we will have lots of opportunity for spiritual growth both individually and as a team.

🗆 **Journal** There will be lots of time for journaling, and we encourage you do so – It will serve as an incredible reminder of the trip for you in the future!

🗆 **Pens** Bring pens in your carry-on for on the plane, for customs and for journaling.

🗆 **Phone or IPOD** You may want to bring your phone or IPOD so you can listen to music on the plane or during your quiet time. Don’t forget headphones and your chargers.

🗆 **Toiletries** See details below – Make sure you have anything you would need to freshen up in this bag.

**Clothing**

Please refer to the specific packing list for each individual country for more information on what type of clothing to bring on the trip. Remember you are representing Seacoast Church so your clothing should be an appropriate representation of who we are.

**Toiletry Items**

🗆 **Insect Repellent**

🗆 **Sunscreen**

🗆 **Hand Sanitizer** Waterless antibacterial hand sanitizer (< 3 oz) and wipes are always a good thing to have with you on a trip.

🗆 **Toilet Paper** This is needed for some countries and not for others. Your trip leader will tell you whether or not to bring this with you.

🗆 **Toiletries** Shampoo, Conditioner, Soap, Face Wash, Contact Solution, Deodorant, Toothbrush, Toothpaste, Hair Brush, Lotion, Razor, Chapstick and whatever else you may need. Everything should be less than 3 oz for the most part and must fit into a Ziploc bag for TSA security checks. If you have something that will not fit, you can put it in your checked luggage in a bag with your name on it (Nothing that can explode) – We cannot guarantee it will make it though as we have lost luggage in the past.

🗆 **Glasses** If you wear contacts, we recommend bringing a pair of glasses in case something happens to your contacts.

🗆 **Medicines** Any medications you take on a daily basis PLUS anything you may need for the trip like medications for allergies, motion sickness or sleeping. **Don’t forget your MALARIA MEDICATION if you are going to a country where this is needed**!

**Miscellaneous Items**

🗆 **Bath Towels** 1 or 2 bath towels – Lightweight and thin or synthetic fiber towels take up less space and dry faster.

🗆 **Pillow** We recommend bringing a travel size pillow that you can also use on the plane.

🗆 **Sheets** This will be needed in some countries where we sleep on air mattresses. Sleeping sacks are easy to use instead if you would like.

🗆 **Electric Converter** Your team leader will let you know if you need a converter for your trip and will tell you where you can purchase one.

🗆 **Camera** We will all share pictures after the trip so this is optional but most people like to have one.

🗆 **Headlamp** We recommend a headlamp to use at night but a small light-weight flashlight will work.

🗆 **Sunglasses**

🗆 **List of Donors** If you want to buy souvenirs for people who supported you, bring this list.

**Things Not To Bring**

🗆 **Hair Appliances** – We will not have an electrical source to supply them.

🗆 Anything that can explode at high or low pressure – Aerosol cans or brand new bottles with air in them (Lotion).

🗆 **Nice Jewelry** – Ladies leave your nice jewelry behind (including wedding rings) as we do not want to appear flashy.

🗆 **Pocket Knives or Nail Clippers** – They will get taken by TSA.

🗆 **Alcohol, tobacco or drugs**

**Providers for Medical Teams**

🗆 **Diagnostic Tools**: Stethoscope, Headlamp, BP Cuff, Otoscope, Ophthalmoscope

🗆 **Reference Tools**: PDRs, Palm Pilot or Dosing Guides (Charger for Palm Pilot)