

PACKING & TRAVEL SUGGESTIONS

- Each person will have one checked suitcase and a small backpack as their carry-on for their own clothing and personal items. Plan to carry another checked suitcase for the group with ministry materials or donated items.
- Mark your suitcases with a unique tag or ribbon, making them easy to spot at the airport. Remember to attach a luggage tag with your address information to each bag.
- Stick with a partner in the airport and have all flight information and contact information with you in case you get separated.
- Come into the trip well rested and in good health! Get a good night's rest in the days leading up to the trip. Do not pull an all-nighter prior to the trip; you will not have the chance to catch up on sleep during the week. Come in well rested for ministry and health reasons.
- Pack lightly and efficiently. Bring travel-size containers of things like shampoo and toothpaste.
- Bring luggage with you that you won't mind getting damaged. Older suitcases, backpacks, or duffel bags are suggested.
- Carry one change of clothes and any essential items with you on the plane. If your luggage gets lost or delayed you will have the necessary items with you as a carry-on.
- Don't bring knives, scissors, or other objects that could be used as weapons in your carry-on luggage.
- Bring Ziploc bags for food items, personal items, etc.
- Leave enough room in your suitcase for souvenirs.
- Bring a pillowcase to use as a laundry bag.
- Bring older clothes and other items. Don't wear your best stuff.
- Don't wear shoes or boots for the first time on the trip. Break them in beforehand to avoid blisters.
- Bring extra of any antibiotics or current prescriptions you are taking. Bring them in the prescribed bottles.
- If you get motion sickness or seasick, bring medication or sea bands.
- Adults may want to bring a credit card with them as a precaution.
- Assume laundry facilities will not be available. Plan your packing accordingly.
- Leave a copy of your itinerary and emergency contact information with a family member or close friend at home.
- Don't plan on calling or emailing home. Our policy is "no news is good news" while on the trip.

