PACKING LIST

- Passport and other travel documents
- Cell Phone – open for use in local area and SIM Card
- International Pre-Paid Phone Card
- Headlamp and/or small flashlight
- First Aid Kit with pain killers, allergy medicines, motion sickness pills, diarrhea medicine, ORS, band aids, etc.
- Prescription medication in its original packaging
- Toiletries – bring enough of what you can’t buy locally
- Insect Repellant and Sunscreen
- Leatherman or pocketknife (don’t keep in carry-on luggage!)
- Condoms – even if you don’t plan on using them
- Hand sanitizer and wipes
- Ziplock bags, safety pins, whistle, compass
- Pocket Dictionary
- Water bottle, Safe Water Straw, water filters and/or tablets
- Comfortable closed-toe walking shoes & flip-flops for shower
- Clothing appropriate for local professional workplace
- Casual but modest clothing for travel
- Rain Jacket
- Swimsuit – modesty based on region
- Bandana, handkerchief and a light scarf (many uses!)
- Alarm Clock and Smoke Alarm
- Hat
- Sheet, sleeping bag, and/or mosquito net
- Rubber door stop for safety precautions at night
- Adapters and extra batteries for any devices
- Small, quick-dry towel and wash cloth
- Camera – be sensitive of use and ask permission
- Sunglasses and second pair of reading glasses
- Address list for sending postcards home
- Gum or mints – both can help with nausea
- Energy Bars
- An open mind and positive attitude

NOTE: Most people overpack for travel. Pack versatile clothes that can be worn over and over and that wash/dry easily. Don’t feel like you need to buy a lot of new “gear” to be prepared for the field. Only pack what you can comfortably carry on your own.