

TEAM MEMBER PACKING LIST



Personal Items

- ❑ Comb/brush
- ❑ Deodorant
- ❑ Insect repellent (lotion or wipes)
- ❑ Kleenex mini-packs (for toilet)
- ❑ Personal medicines (allergy tabs, aspirin, stomach, diarrhea medicines, etc.)
- ❑ Razor
- ❑ Hand sanitizer (gel or wipes)
- ❑ Shampoo/Conditioner
- ❑ Soap – bathing and clothes washing
- ❑ Unscented skin lotion
- ❑ Sunscreen
- ❑ Toothbrush/paste/floss
- ❑ Baby-wipes for “bathing”

Misc. Items

- ❑ Spending money (suggest \$150-\$300 cash, depending on needs and travel plan; bills 2006 and newer)
- ❑ Photos of family to show
- ❑ Mosquito net (if needed – check with VCI)
- ❑ Headlamp and/or small flashlight
- ❑ Travel pillow for neck/back (small)
- ❑ Camera/memory card/batteries
- ❑ Notebook/journal and pen
- ❑ Passport
- ❑ Immunization record
- ❑ One bed sheet and pillow case
- ❑ Protein bars and/or small snacks for travel (if desired)
- ❑ Memory stick for storing team photos (8G is best)

Clothing, Etc.

- ❑ Waterproof windbreaker or Over-Shirt
- ❑ Comfortable walking shoes with good grip soles (2 prs – wear one)
- ❑ Skirts/dresses (2-3)
- ❑ Casual pants/jeans (2-3)
- ❑ Shirts (6)
- ❑ Underclothes (4-5 wash & wear)
- ❑ Socks (4-5 prs)
- ❑ Bathing suit (if desired)
- ❑ Sunglasses
- ❑ Hat or sun visor
- ❑ Inexpensive watch
- ❑ Flip-flops for shower
- ❑ Sleepwear (modest, please!)

Optional items:

- ❑ Fingernail brush
- ❑ Headbands, hair ties, clips
- ❑ Towel and wash cloth
- ❑ Make-up
- ❑ Books
- ❑ Dust mask
- ❑ Small travel sewing kit
- ❑ Umbrella for rain or sun
- ❑ Purse, small backpack or fanny pack
- ❑ Portable clothesline/clothes pins
- ❑ Earplugs