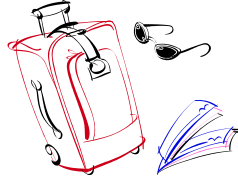


## SAMS RECOMMENDED PACKING LIST

Carry-on items should include items for your first day in case your checked baggage is lost.

Airlines allow checked luggage for a price! If you do check luggage use the space wisely. If you have room, add items to leave behind that will be dispersed by the local church. Examples are clothing, small toys, books, and Bibles in the local language. Ask your missionary if they need or would like anything from the United States.



Your missionary will provide a list of the most needed items for your ministry with them. You may be asked to bring certain tools or equipment with you depending on the nature of your mission.

The list below is a resource for you to use as you make up your own list. You won't need everything on this list, so delete what you won't need and add what you do need. Copy that list and send it to your team members.

Don't take anything you can't afford to lose. Jewelry is a good example.

### Pre-Trip

- \_\_\_\_\_ Luggage tags
- \_\_\_\_\_ Copies of your passport
- \_\_\_\_\_ Address of destination for Tourist Visa, if needed
- \_\_\_\_\_ Phone number at destination should you get separated from your team

### Travel Day Articles

- \_\_\_\_\_ Passport (have a copy with you too)
- \_\_\_\_\_ Personal money (not travelers checks because they are difficult to cash)
- \_\_\_\_\_ Airline tickets
- \_\_\_\_\_ International inoculation card if necessary
- \_\_\_\_\_ Visa, if needed

### Utility Kit

- \_\_\_\_\_ Bible
- \_\_\_\_\_ Small Flashlight
- \_\_\_\_\_ Sewing Kit
- \_\_\_\_\_ Notebook and/or diary
- \_\_\_\_\_ Camera
- \_\_\_\_\_ Travel alarm
- \_\_\_\_\_ Stationary and addresses for postcards
- \_\_\_\_\_ Pocketknife with bottle opener (don't pack it in your carry-on)

### Toilet Kit

- \_\_\_\_\_ Razor, shaving cream
- \_\_\_\_\_ Soap, shampoo (see below for rules about carrying liquid)
- \_\_\_\_\_ Towels and washcloths (2)
- \_\_\_\_\_ Toothpaste and brush
- \_\_\_\_\_ Deodorant
- \_\_\_\_\_ Comb, brush
- \_\_\_\_\_ Kleenex, small package
- \_\_\_\_\_ Shower shoes
- \_\_\_\_\_ Foam earplugs (great for travel, snoring roommates, roosters, loud music, cars, etc.)

Note: Electrical appliances such as hair dryers, razors, or irons may need transformers and **adapters** that differ from the U.S. depending on the host country. Consider doing without, if possible.

### Medical Kit

- \_\_\_\_\_ RX to control diarrhea
- \_\_\_\_\_ Aspirin
- \_\_\_\_\_ Suntan lotion
- \_\_\_\_\_ Sunscreen lotion
- \_\_\_\_\_ Sunglasses
- \_\_\_\_\_ Any RX you require on a regular basis in its original container
- \_\_\_\_\_ Extra pair of glasses (in case the first pair breaks)

### Clothing

**Short shorts, short skirts, and midriff tops are definitely not appropriate apparel.**

**Check with your missionary about the appropriateness of shorts for men.**

- \_\_\_\_\_ Work clothes (jeans and t-shirts are appropriate for construction)
- \_\_\_\_\_ Nice, casual clothes for evangelism ministries
- \_\_\_\_\_ 1 pair of comfortable walking shoes
- \_\_\_\_\_ Work boots if your team is working in construction
- \_\_\_\_\_ Underwear, one change per day
- \_\_\_\_\_ Sweater or light jacket
- \_\_\_\_\_ Small quantity of laundry detergent
- \_\_\_\_\_ Swimsuit (optional)
- \_\_\_\_\_ Sun hat
- \_\_\_\_\_ Light raincoat, folding umbrella or poncho

Note: Your missionary will give you weather expectations.

### Work Day Articles

- \_\_\_\_\_ Purell hand sanitizer or travel towelettes
- \_\_\_\_\_ Water bottle
- \_\_\_\_\_ Daily spending money, if needed
- \_\_\_\_\_ Small sunscreen
- \_\_\_\_\_ Copy of passport (or appropriate ID suggested by missionary or host)
- \_\_\_\_\_ Tissues (may be needed as toilet paper in some places)
- \_\_\_\_\_ Bug repellent

Note: Your team should have a basic first aid kit with them. You might consider leaving it behind.

## Additional Items

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## Carrying Liquids

Remind them of the requirements for packing liquid in their carry-on. Only 3.4-ounce bottles of liquid are permitted in carry-on bags. Those bottles should be clearly visible in a 1-quart-sized, clear, plastic, zip-top bag that has been placed on top of their clothing.

If necessary medications or other liquids exceed the 3.4-ounce limit, they must be declared and inspected.

