Suggested Packing List

This a generalized packing list for international projects. Since you may not need everything on this list or need something that is not on this list, please check with your Project Coordinator for specifics.

- ☐ Bible
- ☐ Passport/Visa (photocopy the ID page of passport to carry separately in luggage)
- ☐ Itinerary
- ☐ Emergency/Important phone numbers
- ☐ Proper Clothing (contact your PC for details)
- ☐ Light towel and washcloth
- ☐ Hat (protection from the sun)
- ☐ Camera
- ☐ First-aid items
- ☐ Toilet tissue
- ☐ Insect repellant
- ☐ Small flashlight/penlight
- ☐ Watch
- ☐ Feminine products
- ☐ Batteries
- ☐ Contacts/Extra eye glasses (especially if you wear contacts)
- ☐ Journal/pen for quiet times
- ☐ Athletic clothing
- ☐ Comfortable shoes
- ☐ Toiletry items
- ☐ Sunscreen and lip balms with sunscreen
- ☐ Wet wipes/antibacterial lotion
- ☐ Medicines: prescription and over-the- counter, including anti-diarrhea medication, laxatives, and motion-sickness medications (Take all medications you need. You probably can't buy them in the country; If you have prescription medicine, it must be in the original bottle)
- ☐ Eye drops
- ☐ Gifts for host/hostess
- ☐ Reading material for travel time
- ☐ Personal money, ATM/Debit Card (check with your PC about what's best for your project)
- ☐ Tissues
- ☐ Laundry bag (for dirty clothes)
- ☐ Alarm clock
- ☐ iPod and ear phones
- ☐ Tylenol PM/Sleep aid
- ☐ Small photo album with photos of family and friends
- ☐ Zip-lock bags
- ☐ Clothes pins
- ☐ Snacks
- ☐ Shower shoes

*Girls - please note that leggings/yoga pants are not acceptable unless worn under shorts.

Don't forget to check out the ISF Packing Video for additional tips at www.sportsmissions.com/packingvideo

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