

# Packing List

- Passport
- eTicket (Immigration form)
- Bible / Notebook / Journal / Pen
- Toiletries
- Sunscreen
- Insect Repellent
- Work Clothes / work shoes
  - Old T-shirts, shorts or pants, closed-toe shoes
  - Men, please plan to work with your shirts on.
  - Ladies, please no short/running shorts or low-cut tops
  - It will be hot, so pack extra if you know you'll sweat through everything
- Work gloves
- Twin sheet set, pillow & light blanket
- Water bottle
- Church Clothes
  - Men: Slacks, shirt with collar
  - Ladies: Conservative dress, skirt or jeans & nice shirt
- Towels/washcloths
- **Modest Bathing Suit**
- Spending Money (~\$50) [Please bring cash - we will exchange at the beginning of the week]
- Personal Rx & OTC medications
- A flexible attitude
- Flip-flops for the shower
- Sunglasses
- Appropriate snacks if you have food allergies or a special needs diet
- **\*\*Batey Teams:** Mosquito net, scissors & yarn or string to hang from the bunk beds, battery operated fans, flashlight
- **\*\*Medical teams:** scrubs for clinic days

## OPTIONAL ITEMS:

The following list contains things that many teams wish they had thought to bring:

- Dramamine (Recommended if you get motion sickness, for the plane and also for any long drives)
- Contact solution
- Feminine products
- Aloe Vera

## DONATION OPPORTUNITY

- Team members are encouraged to pack things they wouldn't mind donating at the end of the week. Any clothes, bedding, toiletries, etc. left behind will be distributed within GO Communities. Please refrain from leaving English Bibles or prescription drugs behind.

## SAVE SPACE in your luggage by leaving the following at home:

- Expensive jewelry
- Laptops
- A bunch of junk food
- **\*\*Clothes that are inappropriate (short shorts, short dresses, strapless or spaghetti strap dresses/tank tops, spandex, bikinis, low cut-off t-shirts)**

We ask our team members to dress modestly out of respect for the local culture, recognizing that we are guests in this country. By doing so, we aim to show appreciation for the values and traditions of the communities that we work in.