



SUGGESTED PACKING LIST for Traveling to a DEVELOPED Country

- _____ Prescription medications (bring prescriptions for refills if medicines are lost)
- _____ Imodium A&D, Laxative, Malaria medication
- _____ Simple first-aid supplies
- _____ Insect repellent (liquid form, high DEET content)
- _____ Toilet paper and travel size antibacterial wet wipes (useful for many things)
- _____ Sunscreen and sunglasses
- _____ Bath soap, Shampoo, small zip-lock bag of laundry detergent
- _____ Nail clippers, tooth picks, dental floss (you'll wish for all of these!)
- _____ Personal cosmetic and toiletry items, small travel mirror
- _____ Face clothes, bath towel, hand towel
- _____ Small, inexpensive items for children (stickers, balloons, colouring books, etc.)
- _____ Family photos to show new friends; personal photos to give away (wallet size is good)
- _____ Neck pouch for passport (superior to fanny pack or money belts worn on the exterior)
- _____ Passport / Health certificate, extra passport photos (2) and 2 copies of passport I.D. page
- _____ Emergency contact phone and FAX numbers of family/friends in Canada
- _____ Travelers checks/ cash
- _____ Shoes (one sandals or flip flops, one casual nice, one for muddy work/hiking)
- _____ One special outfit (for house dedication, church, airline travel)
- _____ Daily work and play clothes (remember a swim suit just in case)
- _____ Lightweight waterproof jacket or lined windbreaker/sweat shirt/sweat pants
- _____ Hat for rain and shine!
- _____ Travel alarm clock
- _____ Binoculars (if you wish)
- _____ Camping knife/scissors/bottle opener combination gadget, if you have one
- _____ Zip lock bags – large (for storing liquids and wet or dirty clothes)
- _____ Old pillow case for handling laundry
- _____ Folding umbrella
- _____ Twine/heavy string/packing or duct tape (for clothes line; wrapping items for home)
- _____ Poster Tubes for bringing home posters, art or other fragile items
- _____ Plastic individual water container (needs to be WATER TIGHT)
- _____ Work Gloves (2-3 pair)
- _____ Camera, film, extra batteries
- _____ Small flashlight and extra batteries (you will use your flashlight)
- _____ Small notebook or business cards (for giving out your address)
- _____ Notebook, journal, pens/pencils. Airmail envelopes/stationary
- _____ Games/cards/puzzles etc.
- _____ Snacks, coffee/tea bags, cocoa mix, portable mug

PLEASE PACK ALL OF YOUR TOOLS IN CHECKED LUGGAGE AND WRITE YOU NAME ON EVERYTHING!!



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- _____ Nail clippers, tooth picks, dental floss (you'll wish for all of these!)
- _____ Personal cosmetic and toiletry items, small travel mirror
- _____ Face clothes (NON-EXISENT IN Europe And Africa), bath towel, hand towel
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- _____ Notebook, journal, pens/pencils. Airmail envelopes/stationary
- _____ A SOLAR (camping) shower
- _____ Games/cards/puzzles etc.

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