

# Packing List

Our intention is to help you prepare for your trip. The list below is not comprehensive, but it should help you as you think through the items that you will want to bring with you.

**Remember to think light!!!! And remember to PACK LIGHT!!!!**

You must be able to carry everything you have packed and in some cases, for long distances. (Some of these items will be for warm or cold weather only. Check with your team leader for details.) *Note: This list is based on a three-week trip, so in many cases adjustments will be necessary.* Team leaders will advise you specific to your trip.

Passport	Sunglasses
Airline ticket	Sandals/hiking boots
Cash	Socks
Small binoculars	3 Pairs of pants or slacks
1 dress outfit for church	1 swimsuit (women 1-piece only please)
Underwear	Toilet articles
1 Pair flip-flops for shower	Mirror
1 pair of dress shoes	Sun block
Insect repellent	1 pair of comfortable walking shoes
Bible, notebook & pen	Personal medication (notify your leader)
Rain jacket & small umbrella	Motion sickness pills (if needed)
3 pairs of skirts	Diarrhea pills (you never know)
Reading books/ journal	Laxatives (you never know)
Pajamas	1 heavy sweater or jacket
Towel, washcloth	1 lightweight sweater/ sweatshirt/ jacket
5 shirts/ blouses/ t-shirts	1 set of work clothes
Needle and thread	Sense of humor
Camera and film	Reliable watch and alarm clock
Snacks	Flash lights/Lanterns and extra batteries

## Packing tips:

- ❖ You do not need as many clothes as you think. Don't be afraid to wear the same outfit two or three times. Pack items that can be mixed and matched.
- ❖ We suggest one duffel bag and a backpack. A large soft bag with shoulder straps or a duffel bag with rollers can be easier to carry than a large suitcase. Also, suitcases tend to be more difficult to transport once we are on the ground in Africa. The airline will likely

allow two carry-on containers and two pieces of luggage for check-in. We suggest that you only bring one check-in piece of luggage for yourself and one full of donations to the mission.

- ❖ Pack clothes that take as little care as possible. You will want clothes that don't wrinkle easily.
- ❖ South African and Swaziland plug adapters are NOT available in retail stores i.e. Radio Shack – The one needed is a **WA-10L** and can be found online. Get a step down voltage converter also if your appliance is not dual voltage  
[www.international-electrical-supplies.com/plugadapters6.html](http://www.international-electrical-supplies.com/plugadapters6.html)
- ❖ **DO NOT BRING MORE THAN YOU CAN CARRY YOURSELF!!**