



Passion Center Suggested Packing List:

Clothing

Females: skirt (length around mid-calf) and tshirt

Males: pants and tshirt

- 3 - 5 sets of clothes
- 1 set of clothes for church (Men: button-down is acceptable)
- Light jacket, sweatshirt, sweater (if you get cold easy, pack warmer)
- Comfortable walking shoes
- Hiking/Sport shoes & clothes
- Hat
- Sunglasses
- Sleeping bag
- Small/neck pillow (for flights)
- Outfit for the flight

Toiletries

- Toiletries (toothbrush, toothpaste, deoderant, shampoo, conditioner, etc).
- Bath towel
- Shower shoes (flip flops, etc)
- Feminine products
- Hand soap
- Hand sanitizer/antibacterial
- Baby wipes
- Facial tissue
- Contacts
- Contact solution
- Glasses case

Medicine

- Personal first aid items (bandaid, neosporin, Q-tips, alcohol wipes, etc)
- Deet/bug repellant (see Planning Your Vaccinations page for more info)
- Malaria medicine
- Anti-diarrheal medicine
- Tylenol/Advil/etc.
- Regular prescription medicines (follow guidelines for carry-on luggage)
- Cough/cold medicine
- Cough drops
- TUMS/nausea medicine/Dramamine
- Inhaler (asthma)
- Sunscreen

Personal Items

- Personal Devotion items
- Bible/journal
- Flashlight
- Umbrella
- *Passport
- *Drivers License
- *Shot record
- Snacks, food, nutella, coffee, tea bags, etc.
- Extra \$ for souvenirs, gifts, snacks, etc.
- Books/magazines for long flights
- Camera/laptop/tablet/smart phone
- Headphones
- Chargers/converters (it's 220 volts there)/powerstrip
- Extra batteries for flashlight/camera/etc
- Refillable water bottle
- To go coffee mug
- Deck(s) of cards