

## **Keep This in Mind When Packing**

- Don't go out and buy a new wardrobe. New clothes could make you stand out even more than you are going to anyway.
- Pack good walking shoes. If you buy new ones, wear them so they are well broken in before you leave home.
- If you cannot carry it by yourself, don't take it! Think: "Can I carry this to the other side of the world?"
- Put your name, address and telephone numbers on the inside and outside of each piece of luggage. Using covered luggage tags avoids casual observation of your identity or nationality. Personalize your luggage with bright color tape, straps or tags.
- Take all the memory cards you will need for your camera. They may be much more expensive to buy on the trip. Take extra batteries for your camera. Guard your camera at all times. Remember, be tactful and respectful of people and the culture in your desire to take memorable and meaningful photos and/or video. Ask one of our team to stand in the picture, then focus on what you want.
- Leave your jewelry at home. It confirms the stereotype of the rich American. Carry a minimum of valuables. Your passport, visa, cash and credit cards (if you choose to carry any) should be carried in a pouch under your clothing. Don't take it if you couldn't give it away.
- Take along pictures of your family. Be sensitive to the background in the picture. Our homes probably will look like a palace to the nationals.
- PLEASE DO NOT BRING weapons, knives, sharp scissors, etc. Those things will only slow us down in security check points. Pack scissors for your teaching supplies in your checked luggage.
- Leave a copy of your itinerary and flight information with family or friends at home in case they need to contact you in an emergency.
- Make copies of your passport and have an extra one with you in a separate place. Put all essentials (medicine, toiletries, change of clothes, etc) in a carry-on in case of lost luggage.

## **Don't Forget!**

- Pack your Bible and teaching materials in your carry-on in case of lost luggage.
- Good walking shoes
- Neck pillow
- Motion sickness pills or sea-band wristbands
- Ear plugs and eye mask
- Headphone
- Shower shoes

- Alarm clock
- Small flashlight
- Snack food and granola bars
- Family photos
- Camera and memory cards, extra batteries
- Journal
- Hat
- Money belt/ undergarment pouch
- Sanitizer and hand wipes
- Tissues
- Your rubber band! Be flexible.
- Sunscreen
- Umbrella

### Adapters

If your appliance is already compatible with 220-240 volt electrical input, one or more of the following travel plug adapters (depending on which type of outlet is installed in any given specific building) will allow you to plug in. Click the link to view the ordering page for that adapter.

- [Adapter for "Type C" European CEE 7/16 Europlug](#)
- [Adapter for "Type E/F" European CEE 7/4 or CEE 7/5 Schuko](#)

						
North America Grounded NEMA 5-15	Japan Non-grounded JIS C 8303	Europe German style CEE7/4 Schuko	Europe French style Schuko	Europe/Russia Non-grounded CEE7/16 Europlug	Great Britain Grounded BS-1363	Great Britain "Shaver socket" BS-4573
						
Australia/China Grounded AS-3112	Italy Grounded CEI 23-16	Switzerland Grounded SEV-1011	Denmark Grounded SRAF 1962/DB	Israel Grounded SI 32 (IS 16A-R)	India Grounded BS-546 "Small"	South Africa Grounded BS-546 "Large"

**Don't forget to include weather information about your location and time of year.**