1. **Sample Personal Checklist**

This is a suggestive checklist for individuals on your team, however this can vary according to destination. Share ideas on how to save space in your luggage.

* Cash
* Copy emergency contact information
* Insurance card
* Medical documents, including copies of prescriptions
* Special medications (asthma, insulin, any prescription medicines)
* Band-Aids, aspirin, etc. (personal first aid supplies)
* Spare contact lenses or eyeglasses; cleaning solution, etc. for contact lenses
* Spare batteries (for hearing aids, camera, flashlight, alarm clock, razor, etc.)
* Water bottle
* Work clothes, work shoes, work gloves, hat, bandanas and/or sweat bands
* Quick dry underwear and socks
* Appropriate clothing and shoes for church
* Appropriate clothing and shoes for work and play
* Flip-flops for shower, where appropriate
* Rain poncho and/or folding umbrella
* Swimsuit (modest, and if appropriate for location and weather)
* Coat hangers, clothespins and clothesline (optional)
* Powdered or liquid laundry detergent
* Toiletries (unscented for tropical international destinations):

Towel, washcloth, soap, shampoo, toothbrush, toothpaste, comb, brush, razor, shave cream, toilet paper, and pre-moistened wipes packed in zip-top plastic bags.

* Suntan lotion and sunglasses
* Insect repellent
* Sleeping bag or bedroll and inflatable pillow (if needed)
* Bible and devotional materials; team songbook (if available)
* Notebook, pen and pencil
* Flashlight
* Small pocket knife or scissors (must be in checked bag)
* Camera (only one or two persons per team, not every team member)
* Snack foods (trail mix, granola bars, peanut butter, etc.)

***For International Destinations Only***

* Passport
* Visa or tourist permit (if applicable)
* Immunization record (yellow card)
* Mosquito netting (if needed)
* Water bottle with purification filter (if needed)
* Foreign language dictionary