

#### G e n e r a l P a c k i n g L i s t

*Below is a list of items that we recommend will be useful to bring on your trip. Pack as lightly as possible and pack no more than what can fit in a carry-on suitcase and a small carry-on "Personal Bag".*

*Check with Lifewater staff on appropriate clothing for the region.*

During field days in schools or communities:

- For WASH in schools field days: Men should wear trousers and a button up collared shirt, while women should check with Lifewater staff on the appropriate clothing for the region.
- For Well Drilling field days: Men can wear loose, comfortable, long pants and a button up shirt.
- For other days in communities, men and women can usually wear more casual clothing such as a t-shirt. Check with Lifewater staff on appropriate clothing for the region.

During trainings: Please do not wear field clothing. Dress for men should usually be nice trousers and a button up collared shirt. Dress for women depends on the country. Usually, a long skirt (below the knee) or loose trousers and a collared shirt are acceptable.

During travel days: Dress is casual. This may differ depending on the country.

## CLOTHES

- 4 collared shirts (made of light cotton)
- 2 pairs of trousers (or knee length skirts)
- 1 pair of shorts, jeans or skirt for travel in country
- 1 pair jeans or pants for airplane travel
- 2-3 t-shirts or tank tops for travel
- 1 set of lounging clothes for at the hotel
- Swimming clothes for at the hotel
- 1 pair pajamas
- 5-7 pairs underwear
- 1 warmer jacket or outer layer (for airplane)
- 1 bandana
- 1 pair of comfortable walking shoes
- 1 pair of open toed shoes/sandals
- Sunglasses
- Sun hat

## MEDICINE

- If traveling to a country with Malaria, anti-malarial pills- take one every morning with food
- 3-4 Ambien pills or alternate sleeping aid- if you want some help with jet lag
- 1 small bottle of Pepto Bismol pills (not liquid)
- Anti-diarrheal medicine (such as Pepto Bismol, Immodium ect.
- Anti-itch cream
- Neosporin and bandaids
- Ibuprofen or preferred pain killer
- Allergy medications as needed
- Cold Medicine

\*We will have a First Aid kit and additional travel medications. Those listed below are optional *except* the anti-malarial if visiting a country with Malaria.

## GEAR

- Rolling duffel bag or suitcase of suitable size for carry-on luggage
- Day backpack or shoulder bag (what airlines call "personal bag")
- Headlamp or personal sized flashlight
- Alarm clock
- Earplugs (for light sleepers)
- Camera
- Universal electricity plugs if you want to charge any electronics
- Favorite snack food (be prepared to share)
- Passport and Drivers License
- 1 extra Passport Photo (for Visa)
- Photocopy of passport and drivers license
- Notebook/journal and pen/pencil
- Book or kindle (for reading during travel time)
- ATM card (call your bank before you leave so they won't hold your withdrawals)
- US cash for souvenir purchases- Make sure your \$50 and \$100 US bills are dated **AT LEAST** 2006- they **WILL NOT** accept anything that was printed before then. Bills under \$50 you will most likely not be able to exchange. Bills should be in excellent condition

## TOILETRIES

- 1-2 packs of travel baby wipes
- 1 travel-sized hand sanitizer
- Toothbrush and toothpaste, floss
- Hair brush
- 1 packet of travel shaving cream
- Soap and container
- Deodorant
- Lotion
- Shampoo and conditioner
- Backpacking towel (quick-dry)
- Sun block (at least 30 SPF)
- Insect Repellant

\*All carry on liquids must be 3oz (100mL) or less and fit into a 1 quart bag.