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# Packing Guide

## Do Not Bring

- Expensive jewelry or watches
- Sharp objects in carry-on
- Aerosols in carry-on
- Liquids in carry-on exceeding 3oz.

\* = Items that are nice to have, but not required

## Carry-On

### General

- Lightweight jacket
- Church outfit (including shoes)
- Casual outfit (including shoes)
- Clinic outfit (including shoes)
- Sleep attire (including slides/sandals for the hotel)
- Undergarments and socks x2

### Toiletries

- Shampoo/soap (3oz or less)
- Toothbrush/toothpaste/floss
- Deodorant/personal hygiene items
- Tissue pack or flushable wipes
- Hand sanitizer (3oz or less)

### Medicine & Electronics

- Prescription/regularly taken OTC meds
- Motion sickness medication (if needed)
- Glasses/contacts, contact solution, case
- Electronics and chargers (iPad, AirPods, iFly, laptop, eReader, etc.)\*
- Plug adapter/transformer

### Other

- Credit/Debit card(s), Cash
- Snacks
- Photo ID
- Reading material\*
- Hat\*
- Sunglasses\*
- Bible

## Checked Bag

### General

- Casual outfits
- Clinic outfits
- Undergarments and socks
- Rain jacket\*

### Toiletries

- Razor/Shaving cream
- Hair dryer\*
- Small towel/washcloth
- Small mirror\*

### Personal items

- Insect repellent
- Sunscreen
- Bottle of water (to brush your teeth/drink on day of arrival)
- Reusable water bottle\*
- Small first-aid kit of travel meds/supplies

### Other

- Packing cubes\*
- TSA approved luggage locks\*
- Zip-Lock bags (for packing or storing)\*
- Bag for dirty laundry
- Notebook/journal and pens
- Pillowcase\*

### Providers

- Stethoscope
- BP Cuff\*
- Exam gloves\*
- Otoscope/Ophthalmoscope