

PACKING GUIDE

Thanks for traveling with Medical Mission Outreach! Below is a packing idea list. You do not have to bring every item on the list. To help, an asterisk (*) denotes an item that is either required or heavily recommended.

Before you even get started packing, here's a small list of things NOT to bring:

DO NOT BRING:

- > Expensive jewelry or watches
- > Sharp objects in carry-on
- > Aerosols in luggage
- > Checked bags weighing greater than 50 pounds
- > Liquids in carry-on exceeding 3 ounces



Here's a list of suggested items to pack. Use www.accuweather.com to check for climate conditions.

PACKING SUPPLIES

- > Suitcase*
- > Backpack/Carry-on (Check flight rules for carry-ons.)*
- > Zip-Lock bags (for packing, storing)*
- > Bag for dirty laundry*
- > Luggage locks* (Must be TSA approved)
- > Fanny pack
- > Travel-sized luggage scale
- > Clothing (See guidelines below)
- > Glasses (extra pair in case of breakage)*
- > Sunglasses
- > Hat
- > Jacket and/or Sweater (if cold*)
- > T-Shirts/Casual Shirts/Blouses*
- > Dress Shirts/Blouses for church*
- > Tie
- > Scrubs*
- > Women: Skirts/Pants/Shorts (below the knee or longer*) Men: Pants/Shorts
- > Undergarments*
- > Socks*
- > Shoes for Clinic* (tennis shoes, hiking boots, etc.)
- > Shoes for Church*
- > Flip-Flops or sandals for hotel/souvenir day (optional)
- > Sleep attire (something appropriate to wear to bed when sharing a room*)
- > Poncho or small umbrella*

TOILETRIES

- > Small mirror
- > Toilet paper* (Pack just a few travel sized rolls.)
- > Toothpaste*
- > Toothbrush*
- > Floss
- > Shampoo/soap*
- > Razor*
- > Deodorant*
- > Hairspray
- > Personal hygiene supplies*
- > Small towel and washcloth*
- > Small pillow
- > Kleenex
- > Nail-grooming set (not in you or carry-on!)
- > Hair dryer

MEDICINES & EXTRAS

- > Insect repellent*
- > Sunscreen (30+ SPF, sweat-proof)*
- > Hand sanitizer – enough for a full week*
- > Two bottles of water* (to brush your teeth/to drink the day of arrival)
- > Prescription/regularly taken OTC medications*** (put in carry-on)
- > Imodium AD (for diarrhea)*
- > Laxative (for constipation)
- > Pepto-Bismol (general stomach problems)

- > Tums/Antacid (for spicy, unfamiliar foods)
- > Benadryl (for allergies)*
- > Tylenol/Advil (for headaches)*
- > Band-aids
- > Contact solution/case*
- > Extra Contacts*



ELECTRONICS

Bring these items at your own risk. Also, be respectful with your electronics. For example: ask before taking pictures, be respectful with cell phone use, etc.

- > Camera
- > Memory cards for camera
- > Cell phone
- > Tablet or Laptop for use on plane, at hotel, etc. (Wi-Fi is probable but not guaranteed; check Bradley's emails for specific trip information.)
- > Chargers/cords for each device
- > Travel alarm clock
- > Flashlight (small)
- > Batteries (lithium batteries must be in carry-on)
- > Plug adapter and/or transformer (http://www.voltagevalet.com/elec_guide.html)
- > Medical Items (Please bring these if you are a provider or a nursing/pre-med student.)
- > Stethoscope*
- > BP cuff*
- > Bandage scissors*
- > Exam gloves (for yourself for the week)*

- > Otoscope/Ophthalmoscope*
- > Disinfectant wipes to clean your equipment*
- > Miscellaneous
- > Money* (Suggested: \$200-\$250)
- > Credit/Debit card – notify your service provider/bank of your travel plans
- > Bible*
- > Notebook
- > Pens**
- > Photo ID* (besides passport)
- > Photocopy of important documents*
- > Reading material
- > Snacks* (Ex. nuts, raisins, pop tarts, trail mix, granola bars, crackers, gum)
- > Small utility knife (not on you or carry-on)
- > Candy, games, small gifts, evangelism items, items from your state or favorite sports team, hats, shirts, etc. to give away

The above list is meant to be fairly straightforward and all encompassing. Below, we list some tips concerning packing and traveling.

CLOTHING GUIDELINES

As disciples of Christ, we want to be as respectful as possible in how we dress. We always want to err on the side of modesty so that our dress does not distract from the message we want to convey or the ministry of the missionary with whom we're serving.

"Giving no offense in any thing, that the ministry be not blamed."
2 Corinthians 6:3

"But take heed lest by any means this liberty of yours become a stumbling block to them that are weak."
1 Corinthians 8:9

AT CHURCH: Men will be expected to wear slacks and a button-up shirt (ties are optional), and women are expected to wear dresses or skirts (below the knee or longer) and blouses with modest necklines and some form of sleeves (no tank tops or spaghetti straps, nothing sheer or see-through).

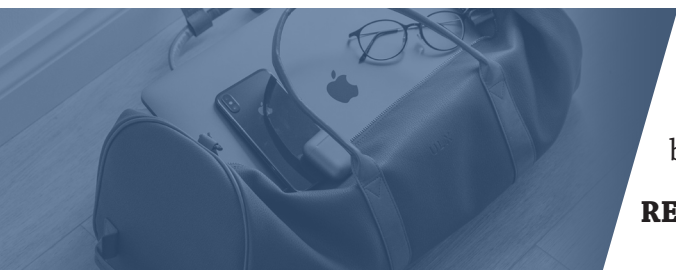
AT CLINIC: Generally speaking, scrubs are fine for either gender but must be modest in nature.** Women not in scrubs should wear loose fitting pants (no jeans) or a skirts (again, below the knee or longer) and shirts/blouses (again, modest neckline, no tanks or spaghetti straps, not see-through). Men not wearing scrubs should wear khakis/cargo pants/etc. and some form of sleeved shirt. Again, no tank tops and no shorts, please.

**If the missionary prefers or if culture dictates that women should only wear skirts or dresses a separate email will be sent out to let the ladies know prior to the departure date.

LODGING: Even at the hotel, you are still interacting with local people and with members of the opposite gender. Please, maintain your modesty when outside your rooms/in common areas.

SIGHTSEEING: Maintain the aforementioned guidelines, but you may choose more casual attire than what you wore in church or in the clinic. (Ex. sandals, t-shirt, shorts (below the knee or longer), etc.) The rules on cultural modesty exist for as long as we are traveling to and from the country.

These rules may seem rather detailed, but our point is not to offend the local people. We want to be a catalyst to the local ministries that we're there to serve, not something that offends and does more harm than good. Mission trips bring us to sacrifice in many ways. If you have any concerns with any clothing policy after reading these guidelines, contact our office and we will be happy to assist you. We thank you for your willingness to work with us and adapt for this one week. It means more than you can imagine!



CARRY-ON

On occasion your luggage may be delayed by a day or two so for this reason we recommend you pack more than just snacks and books in your carry-on.

RECOMMENDED CARRY-ON PACKING LIST:

1-2 days' clothing, snacks,

Bible, small travel lock, smaller bag of items in case forced to check carry-on bag (optional), at least half of your regular meds, emergency meds, glasses, contacts, notebook, electronics and respective charging cords, camera/memory cards, reading material, small roll of TP, personal toiletry items, light jacket, 2nd set of keys to any luggage locks. REMEMBER: No knives. Liquids need to be in bottles 3 oz. or less in size, and all of these in the same one quart zip-lock bag.

PLUG ADAPTERS, TRANSFORMERS (CONVERTERS), AND STEP-DOWNS

Check the battery packs and owner's manuals for your devices. Many of your personal electronics (iPhone, iPad, Laptop, etc.) can handle 120v or 240v. For these items, you just need to purchase a plug adapter. Some items (such as hair dryers) are made specifically for 120v (United States). For these items, you'll need a step-down transformer (240v to 120v. Consider 110v and 120v interchangeable; as well, treat 220v and 240v as equivalents.) Remember, you only need a converter or transformer if the country is of different voltage than the U.S. and your products are not compatible with that voltage. If voltage is similar, check for plug type differences. Plug types may be different between countries with the same voltage. Many hotels in foreign countries offer "American" plugs due to tourism. When in doubt, ask us and/or consult the aforementioned website before making an unnecessary purchase.

MONEY

We suggest \$200 – \$250 in cash (for souvenirs, snacks, etc.). Make this in newer, \$20 – \$50 bills, plus a few smaller bills for U.S. airports. Most retailers will want bills that are newer than 2019.

1–2 credit card(s) are a nice thing to bring along if you have one. Visa and MasterCard are the safest bets to be

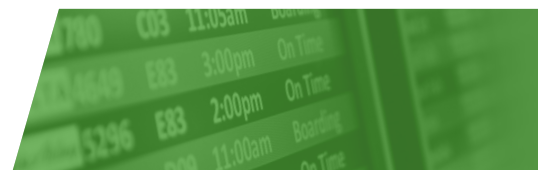
accepted worldwide, but you should notify your credit card company of your travel plans prior to departure. This will protect you from potential fraud and from having your account 'frozen' as a result of unexpected usage in a foreign country.

PACKING & TRAVEL

Because of the frequent changes made by airline carriers regarding baggage allowance, we suggest that you check the website of your carrier. If you are flying out of an airport with an MMO staff member (typically Atlanta, but can sometimes vary), we may contact you to ask if you would allow us to send supplies as your second checked piece. This will be an incredible help to ensuring that we have everything we need to serve effectively.

Zip-lock bags are your friend. Use them to organize, protect from moisture, and prevent products such as shampoo from leaking into your bag. (Remember, if you're carrying on liquids, they must be 3 oz. or less, and they must be contained in a quart-sized zip-lock bag.) Double or triple zip-lock any liquid or food items. Remember Murphy's Law! (Also, remember: no aerosols in your luggage!) Use small-sized travel toiletries if possible to save weight and space.

Try to bring luggage that you can handle yourself as you maneuver through airports, busses, etc. Space is limited when traveling within the foreign country, so please pack tightly and practically. Remember, too, that you may be bringing home souvenirs.



THOUGHTS AND REMINDERS

Men: Carry your wallets in your front pockets when in cities, if not at all times.

Thin hand-towels work well for packing. They dry quickly and take up very little space.

Make sure you know your luggage lock combination and/or have your luggage lock keys before you leave home! These locks must be TSA approved.

MMO will give you a reservation number for your flight itinerary but does not issue tickets.

Tickets/boarding passes are issued at the ticket counter or kiosk at the airport. You will need to bring your passport and reservation number to the airport and follow the protocol for your airline carrier to check-in for your flight. Always know where your passport and boarding pass are!

If you purchase an international phone plan, ensure that it is a valid international service to be used FROM another country to call TO the United States and not visa versa.

Your team lead typically has international phone service if you need to call home. There are many Wi-Fi based apps that will allow you to make calls home free of charge.

Check the websites and be aware of any changes to TSA security, airline rules and regulations, etc. our logistics personnel will keep you updated, but it never hurts to keep an eye on things.

Ensure your carry-on fits airline standards. You'd hate to have to check a bag with all of your in-flight entertainment.

And certainly, don't forget to bring a prayerful heart, a willing spirit, an attitude of flexibility, an eagerness to serve, and healthy enthusiasm. Not only will you be a blessing to the local ministries we're serving, but you will also find that you yourself will be very blessed by this trip!

**LET'S
GO
SERVE!**