



# SERVICE-LEARNING TRIPS

Overlake Christian Church

## PACKING LIST

You can take one bag, not to exceed 44 pounds and an additional carry-on bag. (Remember: You will be carrying your own luggage from place to place.) You may be checking an additional bag containing team ministry supplies. Check the airline requirements for bag/carry-on size and weight. It varies by airline.

### CLOTHES

- 5 - 6 changes of clothes appropriate for your climate and project. (You do not need a change of clothes for every day. Plan to re-wear clothes.)
- 1 nice dress outfit (slacks/skirt for females, collared shirt for males)
- Sleepwear (suggested to bring ear plugs also)
- Walking shoes (break in new shoes before you leave)
- Flip flops for shower
- Light jacket/sweater and heavy jacket if needed
- Rain poncho or small umbrella (rain and hot sun)
- Hat & sunglasses (for sun or bad hair days)

### TOILETRIES

- Shampoo, soap, deodorant, toothpaste, toothbrush, hairbrush
- Towel & washcloth (if needed, check with your leader)
- Hand sanitizer or wipes
- 1 roll toilet paper (take out cardboard center) or Tissues
- Shaving cream/razor
- Light make-up (be sensitive to cultural settings)

- Contact lenses/solution & extra case and/or glasses
- Sunscreen & Insect repellent (needed most everywhere we go)
- Travel powdered laundry detergent (for hand wash)
- Women - feminine hygiene products (just in case)

## **PERSONAL ITEMS**

- Bible, Journal, and any other reading materials you want
- Passport (keep a copy in your suitcase)
- Spending money and 1 credit card (for emergencies)
- Money belt (or something to secure your money and passport)
- Tote bag or backpack for day trips
- Water Bottle
- Family photos to build bridges in sharing with others
- Electrical plug adapter
- Neck Pillow (if you wanted for plane)
- Small flashlight (you will use this!)
- Tablet or phone with charger (laptop not recommended)
- 2-3 Host Gifts (If staying in host families. Ex books, calendars, candy, bi-lingual dictionaries, lotion, key rings, jewelry, bookmarks, stationary, hot chocolate packets, kitchen items, mugs with space needle)

## **PERSONAL FIRST-AID KIT (Put travel size amounts into zip-loc bag)**

- Personal prescription medications (let team leader know of any medical issues)
- Bandages & Neosporin ointment
- Aspirin/ibuprofen, Imodium Tablets, Pepto-Bismol, Vitamins
- Antihistamine, cold medicine & cough drops (not available in many countries)

## **SNACKS**

- Beef jerky, peanut butter, nuts, granola bars, dried fruit
- Gum/candy, Chocolate for team leader 😊
- Coffee Singles or Via and/or Tea Bags