



thompson
station
CHURCH

PACKING LIST

Essentials

- Wallet/Cash
- Passport/Driver's License
- Change of Clothes
- Phone/Phone Charger
- Snacks
- Carry-on Bag

Clothing

- T-Shirts (Sleeves Required)
- Pants/Knee Length Shorts
- Dress/Skirts (Knee Length)
- Underwear
- Socks
- Walking Shoes & Sandals
- Eye Glasses/Contacts
- Light Rain Jacket/Umbrella
- Bag for Soiled Clothes

Toiletries

- 1 Thin Towel/Washcloths
- Shampoo/Body Wash
- Toothbrush/Toothpaste
- Deodorant
- Hairbrush/Rubber Bands
- Feminine Products
- Sunscreen – A small amount
- Shaving Kit

Technology/Misc.

- Camera
- Wrist Watch (Inexpensive)
- Journal
- Bible
- Pens
- Electrical Conversion Adaptors (220 to 110 volts and plug adaptor)

Medicines

- More than enough of any prescription medicines you take.
- Prescription Medicine should be in the original bottle/container w/ a doctor note.
- Advil, Tylenol, Decongestant, Antihistamine, Anti-Diarrhea, Motion Sickness, etc.
- First-Aid Items

Luggage

- Please limit luggage to a **backpack** (carry-on) and **one suitcase** (checked) per person.
- Smaller is better. At times, we will be required to carry our own luggage significant distances, may have to get on and off public transportation, and climb up to five flights of stairs with our luggage.

Checked baggage is limited to 44 pounds/bag. (International Flights are 50 pounds)
It is wise to pack a change of clothes in your carry-on bag in case your luggage is lost or delayed.