

YOUTH IN MISSION 2010 PACKING LIST AND TRAVEL REMINDERS

This packing list is a **SUGGESTED** list - Please check with your Site Coordinator to see which items are needed/not needed. Also, ask them to recommend anything that may not be included on this list that may be needed and specific instructions regarding dress code.

Remember: All this must fit in one medium sized suitcase; 50 lbs max!

Clothing *

Pack one week's worth of clothing

1 Pair of walking shoes (break them in before you come)
1 pair of flip-flops (you never know what grows in the showers around the world)
Socks
Underwear
Shorts
Skirts/dress pants
Shirts
Sweater/sweatshirt
Poncho/rain jacket
Light jacket
Swimming suit (ladies, one-piece **ONLY**)
Sunday-style outfit
***Southern Hemisphere Teams - It will be WINTER while you are there, summer clothes will not be necessary except for Training Camp! It is especially cold at night, and homes aren't heated like they are in the U.S. Many teams have found a HOT WATER BOTTLE to be indispensable to warm a bed. Plan ahead!**

Medicines and Toiletries

Prescription medicine (keep it in the bottle, and carry a copy of the prescription)
Toothbrush/toothpaste
Collapsible cup
Soap and shampoo
Comb and brush
Mirror

Sunscreen, moisturizers, cosmetics
Insect Repellent
Deodorant, Personal items
First aid kit (band-aids, cortaid, etc.)
Aspirin/Ibuprofen
Kleenex
Toilet paper (get travel rolls, or pull the cardboard cylinder out of the middle for compact packing)
Eyeglasses and sunglasses
Contact lens and solution

Miscellaneous

YIM notebook
Bible
Journal (YIM will provide 1 journal at Training Camp)
Camera/batteries
Flashlight/batteries
Address book
Backpack
Plastic storage bags
Laundry soap/clothespins/line
Linens (towel/washcloth/sheet/pillow)
Sewing kit
Umbrella
Luggage tags
Battery alarm clock
Adapter/voltage converter
Bug repellent
Small cookbook or recipe cards
Giveaways for kids
Thank you notes
Small gifts for host families
Snack foods
Hat (for sunny locations)
One Sheet (or sheet sewn into a "sleeping bag")

Documents

Passport (from YIM)
Visa (from YIM)
Airline Ticket (from YIM)

Insurance information (from YIM)
Student ID card (very handy overseas)
Money-belt
Cash, credit card

***** NOTE FOR INTERNATIONAL SITES:** Pack enough necessary medicines, contact lens solution, toiletries, and miscellaneous items to last the whole trip. Depending on where you are at, there may not be opportunities to buy things just when you need them. **Also**, be aware that there are weight restrictions on luggage for most international airlines. Often it is 50 lbs., but it may be less. You will get your itinerary at training camp, and may need to check your luggage weight limit. Otherwise you might be charged for overweight baggage. YIM does not pay for overweight baggage.

Photography

- ◆ Clean your camera
- ◆ Extra Batteries
- ◆ Extra Digital Memory Sticks
- ◆ Test your equipment/flash
- ◆ A neutral-colored carrying bag

On the Plane

- ◆ Air sickness medicine
- ◆ Drink, Drink, Drink!
- ◆ Ear plugs
- ◆ Eye Covering
- ◆ Inflatable pillow
- ◆ Extra socks (your feet do swell!)
- ◆ Take something to do, read, or listen to.

Electricity

- ◆ Electrical converter
- ◆ Plug adapters
- ◆ Dual-voltage appliances (hairdryer, electric shaver, curlers, steamer, etc.)