

Suggested Travel Checklist for Short Term Missions

- Passport and ticket – Make Two Photo Copies of Passport and send one to Jack Myers Ministries the other bring with you.
- Spending money for: souvenirs, food, Gatorade, etc...
- International Calling card / Cell phone
- One Credit Card
- Small address book with important telephone numbers
- Pocket dictionary or phrasebook (optional)
- Basic Toiletries (soap, razor, toothbrush & paste, shampoo, toilet paper, deodorant, eye drops, sore-muscle cream, tissue etc....)
- Basic Medicines in tablet form (Tylenol, Pepto, Dramamine, Imodium Small First Aid kit, throat lozenges, Travel hair dryer etc....)
- Daily Vitamins and *digestive enzymes* (found at health food store)
- Sunglasses and Hat or Ball Cap, sunscreen
- Bible / notebook (journal) / pen
- Watch / alarm clock, travel size febreze to freshen clothes
- Polyester shorts / swimsuit(one piece with t-shirt over it for ladies) / sleepwear
- Bed sheet, pillow case, Bath Towel, Bathrobe for sharing rooms
- Undergarments (enough to not have to wash them)
- Rain Poncho or Small Travel Umbrella
- Camera / Film
- Shirts / pants / shorts (hand washable preferred)
- Women skirts at or below knee –no midriff tops (can also wear slacks) or capris
- Men Two suit jackets with dress pants/shirts and ties
- Church Attire at Services
- Shower flip-flops and sandals
- Snack Foods – nuts, power bars, crackers, fruit bars ect...enough for whole trip
- Mosquito Repellent with Deet, small flashlight
- Plenty of Liquid Hand Sanitizer or Hand Wipes
- Small personnel battery operated hand fan, extra batteries in package only
- Fanny Pack and or Waist Money Belt

Items Not Recommended:

- Canned foods
- Drugs, alcohol, tobacco, and firearms
- Electronic games
- No More than 3 pairs of shoes (weight restrictions)

Luggage:

1 checked bag not to exceed 50lbs. (the airline will charge you extra and in some cases not allow you to bring the excess weight at all)

1 carry on bag (keep within size restrictions)

1 backpack to carry on (ladies use this instead of a purse) with fanny pack if desired.

Pack a change of clothes and small toiletries in your carry on in case your luggage is delayed. (Airlines require your toiletries to be placed in **one** quart size Ziploc bag with nothing exceeding 2oz. in size.)This includes anything liquid or “cream”. Anything in non-compliance will be disposed of before being allowed thru security.