

THAILAND/CAMBODIA PACKING LIST

Outfits / Essentials

Bring one or two pairs of athletic wear for work days or sleep, but typical outfits should be like you would wear on a normal day here. We want to respect the ministries and people we are serving by presenting ourselves with excellence. Thailand and Cambodia are both very humid though so keep this in mind when planning your outfits.

TOPS

Girls: lightweight graphic or plain T's/button ups/no low V-necks

Guys: polos/graphic or plain t-shirts/button ups

BOTTOMS

Girls: skirts below the knee, lightweight pants, or capris longer than your calves.

Guys: lightweight pants.

A FEW NICER OUTFITS (SUITABLE FOR ATTENDING CHURCH)

Girls: dress/skirt and a nice shirt.

Guys: pants and a nice shirt.

ACTIVE CLOTHES

1 or two outfits you aren't worried about getting dirty in (tennis shoes, T-shirt, workout shorts, etc.)

LEISURE CLOTHES

shorts, tank-tops, etc. for debrief

SWIM SUIT

Girls: modest two piece is okay on debrief, one piece or two piece covered for ministry locations

SHOES

flip flops/comfortable walking shoes that are easy to slip off

1 pair of close toed shoes (it is possible that some schools may require us to wear these)

SOCKS AND UNDERWEAR

OUTERWEAR

1-2 sweatshirts/long sleeved shirts (there's are always cold places—ex. the overnight bus)

Raincoat or poncho (sometimes it downpours)

PAJAMAS (the lighter the better because it is pretty hot during the nights)

1 SHEET (for bedding)

PILLOW (optional-or just wad up some clothes)

Carry-On/Purse

Photo id

Copy of your passport (just in case)

Stuff to do on the plane (crosswords, downloaded movies, books, etc.) •

Snacks (no liquids)

Spending money (\$200 should be plenty)

Bible

Journal and pen

Family pictures – the kids love to see them

Toiletries/Miscellaneous items/Optional

Toothbrush and toothpaste

Razor & shaving cream

Sun-screen and Aloe Vera

Deodorant (Girls: if you tend to sweat a lot you might want to get men's deodorant for a little extra protection-I like Red Zone)

Soap and Shampoo (if you put grapefruit seed extract or tea-tree oil in your shampoo it will ensure that you do not get lice)

Towel/wash cloths

Feminine hygiene products

Baby wipes (nice to wash up with)

Travel toilet paper (some of the places we go to will not have TP)

Hand sanitizer (sometimes there aren't places to wash your hands)

Comb/brush/hair ties/head bands

Gold Bond powder (sometimes you get a little sticky and this is nice to keep you dry)

Hair appliances (flat iron, hair dryer-if you want them)

Outlet Converter-specifically for Asia (if you need to plug anything in you will need this, aside from Apple chargers, they're universal)

Medicines: antibiotics, vitamins, ibuprofen, allergy tabs, Etc. (make sure all prescriptions are in a prescription bottle)

Bug spray with Deet (it's a lot stronger and bite preventive, you can get at Walmart)

Wrinkle releaser

Travel stain remover

Laundry bag (we will be doing laundry but it might not be too often so a plastic bag or equivalent would be handy to separate your dirty clothes)

Snacks (sealed tightly and securely, nothing that will melt)

Travel Tips/Safety/Rules

Dress light when traveling - be prepared to remove shoes and metal objects at security points.

Do not discuss terrorism, weapons, explosives or other threats while at the airport. Do not joke about having a bomb or firearm.

One checked bag on the way there and back- 50lb limit.

One carry-on plus one personal item (purse, backpack, etc.)

No liquids in your carry-on more than 3oz.

Tag all your luggage - outside and inside (name & address)

Zip lock baggies are great for any liquids that may open accidentally or miscellaneous items

We travel as a TEAM - never alone.

Buddy System- if you need to go anywhere please inform a leader and travel in pairs.