

Training Trip Packing List

This general list may change depending on destination, weather, accommodations and other variables.

Please check the weather for your location before you go.

***NOTE:** Please do your best to pack all of your personal items in a carry-on bag so the larger bags can be used for training supplies. Thank you for your flexibility!

General Packing List:

- Passport and an extra copy
- 2 Passport photos
- COVID vaccine card
- Yellow Fever Card if applicable
- Copy of your Medical/Dental License and Diplomas if applicable
- Comfortable walking shoes
- Flip flops for shower
- Lightweight, modest, casual clothes that can dry easily. One nicer outfit for church.
- Flashlight and/or headlamp with extra batteries
- Snacks (ITEC will bring snacks to share, but feel free to bring a few favorites)
- Bible
- Hand Sanitizer
- Small amount of laundry soap in case you need to wash a few items in a sink/bucket
- Electrolyte/Gatorade Packets for warmer climates
- Filter water bottle (We highly recommend Sawyer bottles)
- Personal Medications - Your team leader will have a hefty first aid with him/her.
- Towel and washcloth
- Basic Toiletries - All liquids need to be 3.4 oz or smaller and in a quart Ziploc bag.
- Phone charger and extra battery pack
- Outlet adapter - You can Google which type of adapter you may need
- Hat and Sunglasses
- Small fan and batteries for hot climates
- Earplugs

Items to leave at home:

- Jewelry, nice watch, anything of high value or that might make you stand out
- Clothing that identifies you as a Christian or has inappropriate language or advertisements (tobacco, alcohol, etc)
- Bad attitude :-)