

# Packing Guide



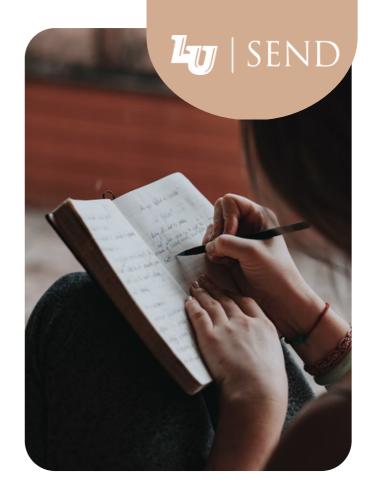
#### Carry-On Bag

Plan to bring a backpack or bag that is easy to carry and can fit under an airplane seat. Your bag must fit into the baggage gauge at check-in (including handles, pockets, and wheels). You must be able to lift your carryon bag into the overhead locker by yourself.



#### **Carry-On Items**

- ☐ Bible, devotional materials, pencil/pen, and journal
- ☐ Change of clothes
- ☐ Neck pillow/earplugs/eye
- cover for sleeping
- ☐ Phone/camera with appropriate chargers and memory cards
- ☐ Toiletries under 3oz in a quart-sized, clear bag
- ☐ Advil, Tylenol, and any other over-the-counter medications you typically use including all-natural sleep aid (melatonin, etc.)
- ☐ Personal prescriptions (must be in original container)
- ☐ Snacks (non-perishable, non-melting)
- ☐ Spending money (US dollars can be changed at the hotel) or credit cards (check with your bank for international transaction fees).
- ☐ Playing cards, other small games or reading materials
- □ Reusable empty water bottle
- $\square$  ALL 3 of the following :
  - Passport
  - Driver's License
  - Student ID (if residential student)

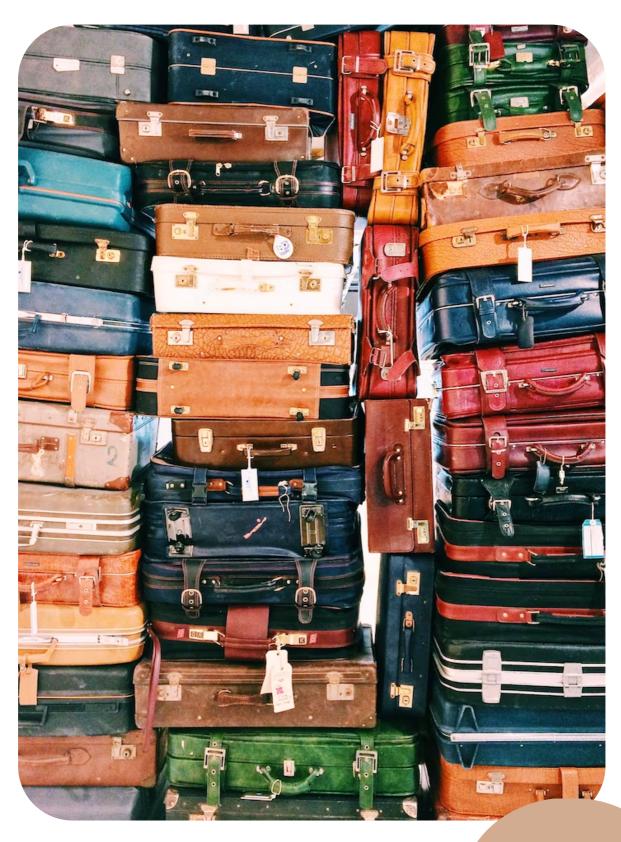


"Adventures are the best way to learn" -unknown



## **Checked Bag**

Can be a suitcase, duffle bag, or large backpack that is under 50 pounds (which you can carry/roll yourself).



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### **Checked Bag Items**

- ☐ Clothing & Footwear
  - Bring enough weatherappropriate sets of clothing for the days of the trip plus a few extra outfits
  - One business-casual outfit for dinner out and/or worship service
  - Slip-on pants/skirt/scarf for modesty at holy sites (shoulders and knees must be covered)
  - Comfortable walking shoes or sneakers with traction for wet surfaces and with straps or laces
  - Flip-flops and modest swim wear (one-piece and shorts for ladies, loose-fitting shorts for men)

- Hat
- ☐ Travel Towel

- ☐ Toiletries and liquids beyond 3oz
  - Shampoo, sunscreen, liquid soap, etc.
- ☐ Healthy snacks to last the duration of the trip o Snack bars (especially for those with dietary restrictions)
- ☐ Umbrella/light waterresistant jacket
- ☐ Travel Scale
- ☐ Phone or device with alarm capabilities
- ☐ Travel adapter for electrical devices

#### Suggested Items from our team at LU Send

- ☐ Motion Sickness
- **Bracelet**
- ☐ Keychain Flashlight
- □ Polaroid Camera
- ☐ Gatorade Packets
- ☐ Fannie Pack

- ☐ Detergent Packs
- ☐ Travel Size
- Febreeze
- ☐ Travel Blanket
- ☐ Hammock
- □ Kavu

- ☐ Mini Fan
- ☐ Hiking Backpack
- ☐ Toilet Seat
- Covers
- ☐ Reading Light





## Tips & Information

$\square$ Call your bank and inform		Make two copies of all
them which countries you will	tro	avel documents and leave
be visiting, and on what days,	or	ne copy at home in case your
to prevent your credit card	🌡 do	ocuments are lost or stolen.
from being declined.		Pack as if you will not be
$\square$ Check the projected weather	ak	ole to purchase any
of where you are going and	ne	ecessities you may need at
pack with this in mind		our destination.
(potentially bring a rain		Pack as light as possible as
jacket, light sweater, or hat	ус	ou will be carrying your own
depending on the weather of	lu	ggage.
your destination).		Consider bringing some
$\square$ Be conscientious of clothing	clo	othes with secret pockets to
modesty and any writing or	st	ore money and other
logos that may be offensive to	VC	lluable items when in
different cultures.	cr	owded or large areas to
$\square$ Pack heavy items at the	pr	event pickpocketing.
bottom so clothes don't slide		Remove all baggage tags or
around.	st	ickers from previous flights.
□ Leave room in your suitcase		Label your bags inside and
for any souvenirs you buy	οι	ıt with your name,
while in-country.	d€	estination address, email,
$\square$ Tape the lids of liquid	ar	nd mobile number.
bottles to keep them shut. Do		Add colorful straps or tags
not take pressurized spray	to	help identify your bag on
cans as they may explode in	th	e carousel.
flight.		Adaptor - Singapore there
☐ Make a list of everything	ar	e three associated plug
you packed (Insurance	ty	pes C, G and M. Malaysia
Purposes).	us	es plug type G.