

Packing Guide



Carry-On Bag

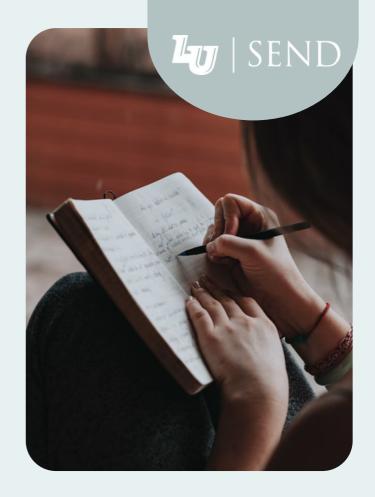
Plan to bring a backpack or bag that is easy to carry and can fit under an airplane seat. Your bag must fit into the baggage gauge at check-in (including handles, pockets, and wheels). You must be able to lift your carryon bag into the overhead locker by yourself.



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)

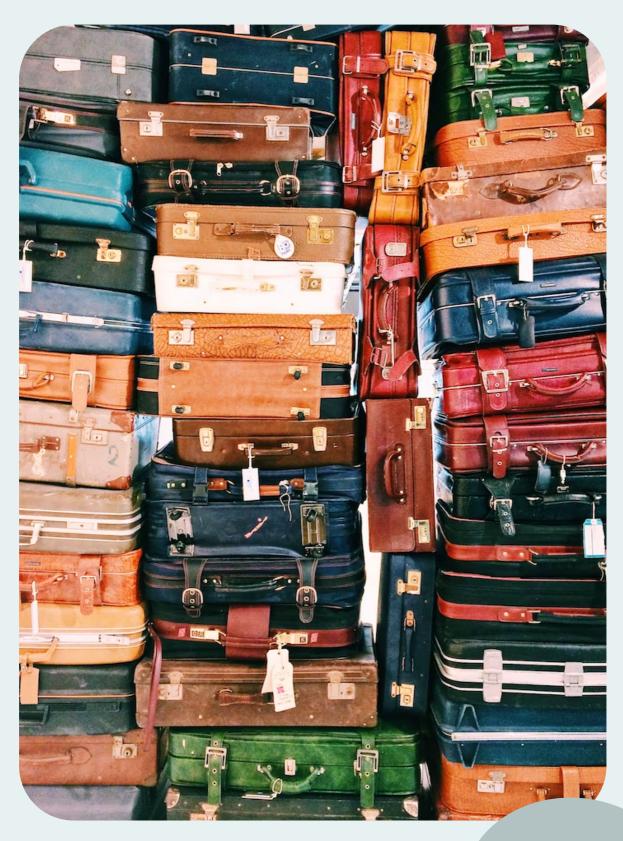


"Adventures are the best way to learn" -unknown



Checked Bag

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





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)

Marin Faster III

- 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
 - For Ireland the associated plug type is G, which is the plug that has three rectangular pins in a triangular pattern. Ireland operates on a 230V supply voltage and 50Hz.

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	travel documents and leave
be visiting, and on what days,	one copy at home in case your
to prevent your credit card	documents are lost or stolen.
from being declined.	☐ Pack as if you will not be
☐ Check the projected weather	able to purchase any
of where you are going and	necessities you may need at
pack with this in mind	your destination.
(potentially bring a rain	Pack as light as possible as
jacket, light sweater, or hat	you will be carrying your own
depending on the weather of	luggage.
your destination).	\square Consider bringing some
\square Be conscientious of clothing	clothes with secret pockets to
modesty and any writing or	store money and other
logos that may be offensive to	valuable items when in
different cultures.	crowded or large areas to
□ Pack heavy items at the	prevent pickpocketing.
bottom so clothes don't slide	□ Remove all baggage tags or
around.	stickers from previous flights.
□ Leave room in your suitcase	Label your bags inside and
for any souvenirs you buy	out with your name,
while in-country.	🎇 destination address, email,
\square Tape the lids of liquid	and 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	the carousel.
flight.	Adaptor – For Ireland the
☐ Make a list of everything	associated plug type is G.
you packed (Insurance	Ireland operates on a 230V
Purposes).	supply voltage and 50Hz.