

PACKING LIST



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 carry-on bag into the overhead locker by yourself.

Most airlines require bags to be smaller than approximately 22" x 14" x 9"

- 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
- ALL 3 of the following :
 - Passport
 - Driver's License
 - Student ID (if residential student)



CHECKED-BAG

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

Clothing & Footwear

- Bring enough weather-appropriate 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 or Snack bars (especially for those with dietary restrictions)

Umbrella/light water-resistant jacket

Travel Scale

Phone or device with alarm capabilities

Travel adapter for electrical devices

- Type A,B and C:
 - Type A: Two flat parallel pins
 - Type B: Two flat parallel pins and a grounding pin
 - Type C: Two round pins



PACKING RECOMMENDATION FROM THE LU SEND TEAM

- Motion Sickness Bracelet
- Keychain Flashlight
- Polaroid Camera
- Gatorade Packets
- Fannie Pack
- Detergent Packs
- Travel Size Febreeze
- Travel Blanket
- Hammock
- Kavu
- Toilet Seat Covers
- Reading Light
- Mini Fan
- Hiking Backpack



TIPS & INFORMATION

- Call your bank and inform them which countries you will be visiting, and on what days, to prevent your credit card from being declined.
- Check the projected weather of where you are going and pack with this in mind (potentially bring a rain jacket, light sweater, or hat depending on the weather of your destination).
- Be conscientious of clothing modesty and any writing or logos that may be offensive to different cultures.
- Pack heavy items at the bottom so clothes don't slide around.
- Leave room in your suitcase for any souvenirs you buy while in-country.
- Tape the lids of liquid bottles to keep them shut. Do not take pressurized spray cans as they may explode in flight.
- Make a list of everything you packed (Insurance Purposes).
- Make two copies of all travel documents and leave one copy at home in case your documents are lost or stolen.



TIPS & INFORMATION

- Make two copies of all travel documents and leave one copy at home in case your documents are lost or stolen.
- Pack as if you will not be able to purchase any necessities you may need at your destination.
- Pack as light as possible as you will be carrying your own luggage.
- Consider bringing some clothes with secret pockets to store money and other valuable items when in crowded or large areas to prevent pickpocketing.
- Remove all baggage tags or stickers from previous flights.
- Label your bags inside and out with your name, destination address, email, and mobile number.
- Add colorful straps or tags to help identify your bag on the carousel.
- Adaptor - Research the standard type, voltage, and Hz for the countries that you are visiting to determine what sort of adaptors you may need.

