



## PACKING LIST

### Required

- Passport AND copy of Passport
- Copy of Travel insurance
- Money for snacks, souvenirs, extras
- Hand sanitizer and toiletries
- Sturdy shoes for working and hiking
  - good tennis shoes are sufficient
- Shirts – please no tank tops
- Pants, capris and long shorts
- Underwear
- Jacket or hoody
- Light rain poncho
- Sun hat
- Water bottle
- Small flash light or headlamp
- Sunscreen
- Insect repellent
- Prescription Medications – in their bottle
- OTC medications/basic medical care kit – per personal preference,
  - ex. Motion sickness, traveler’s diarrhea, headache, etc.
- Shower/swimming shoes or hiking sandals

### Recommended but optional

- Ear Plugs - this maybe should be required:)
- Clothes for optional church service on Sunday
- Camera
- Swimsuit – we will have swimming at the lake
- Watch/alarm
- Chapstick
- Snacks
- Work gloves
- Extra towel
- Travel essentials (a good book, travel pillow, etc.)
- Work-out clothing for optional morning runs and workout