**CAN'T TRAVEL WITHOUT**
- Passport - you can’t travel without it
  (Must have 6 months validation remaining after your trip)
- Photocopies of passport in carry-on

**IMPORTANT**
- Water bottle (insulated recommended)
- Alarm clock
- Backpack/small bag
- Twin bed sheets & pillowcase
  (pillows & blankets provided)
- Bath towel & washcloth
- Bandanas, hat, or scarves
- Bible, notebook & pen
- Bug spray
- Extra trash bag
- Earplugs for light sleepers
- Flashlight (separate from phone)
- Hand sanitizer/wet wipes
- Shower sandals
- Closed-toe working/walking shoes
- Sunglasses & sunscreen
- Toiletries
- Beach towel
- Camera

**FOOD**
- Granola/protein bars
- Snacks (non-perishable)
- Powdered Drinks
  *All snacks must be kept in Ziploc bags

**WOMEN**
- Work jeans
- Capris/shorts*
  (must be knee length, no running shorts)
- T-shirts (at least 2 per day)
- Sweatshirt or jacket for evening
- Swimsuit (modest one piece or tankini)
- Underwear (at least 2 per day)
- Work clothes*

**MEN**
- Work jeans
- Shorts* (must be knee length)
- T-shirts (at least 2 per day)
- Sweatshirt or jacket for evening
- Swimsuit
- Underwear (at least 2 per day)
- Work clothes*

**COMMUNICATION**
While we encourage you to spend the week “unplugged”, mission participants may bring their own cell phone to be used only at the home base facility during individual free time. Keep in mind that not all cell phone plans are covered internationally. Please check with your provider to verify your calling plan. This is subject to the team leader’s guidelines. Back2Back will provide a cell phone for use in country upon request from the group leader.

Family members should expect to have no communication from you during the week. No news is good news!

**MONEY**
- $75 cash recommended
  (small bills for souvenirs/snacks)
- Money for airport purchases

**OPTIONAL MEDICINES**
- Personal prescriptions
- Allergy medicine
- Ibuprofen/Tyleanol
- Imodium/Pepco/Tums
- Motion sickness medicine

**LEAVE AT HOME**
- Hair dryers, curling irons, straightener, designer clothes, expensive jewelry.

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**WE ARE LOOKING FORWARD TO SERVING WITH YOU!**