



## Mission Travel Checklist

This summary should be printed and reviewed at packing time. These recommendations come from two of our most experienced mission veterans: Pete Williams and Denise Bolduc.

### Administrative:

- Airline Ticket
- Passport (original and photocopy)
- Cash, traveler's checks if wanted
- 10\$ US for Country Entry Fee (if required for the country you are traveling to)
- Charge card that has been notified of overseas travel dates
- Phone that has been cleared for overseas use (if wanted, charges vary for carrier)

If you are going with MMI in the Dominican, they will rent you a local phone for a small fee that is very economical compared to US Charges. This perk may not always be available however on every trip.

### Clothing:

- 3-4 t-shirts, under wear, socks
- 2 pairs of pant/shorts
- Light weight jacket/fleece
- Swim suit
- Sun Hat
- Pajamas
- Underwear and socks
- 1 pair of close-toed shoes (sneakers or clogs)
- 1 pair of sandals (flip flops, Texas, etc.)
- 3-4 pairs of scrubs

### Personal hygiene: (travel or sample size)

- Soap/shampoo
- Shave creme/razors
- Tooth brush/paste/small bottle of Listerine to rinse, you
- don't use local water for this
- Deodorant
- Comb/brush

### Notes:

EAR PLUGS since some of the accommodations include dormitory style rooming in.

- Prepare an overnight bag in your carry on with a change of clothes, personal medications, and toiletries (in a Ziploc).
- Remember that you cannot carry on to the plane, any sharp objects: scissors, nail files, nail clippers, etc. Also, any liquids which will be in your carry-on (including things like chap-stick – should be in a Zip lock bag – or it will be confiscated at ground security). And all liquids should comply with the size restriction of the airline.
- Using “compression” bags for your clothing, to eliminate as much air as possible is a very good idea when needing to find more space in your bag.
- Put aside one “outfit” for dinner our last night.
- Also recommend beside hand sanitizer either handi wipes or baby wipes as a method of refreshing yourself.
- Also highly recommend putting together your own personal first aid kit!

### Personal hygiene: (continued)

- Sunscreen/block
- Repellent (with DEET)
- Hand sanitizer
- 2 rolls of toilet paper (travel size)
- Listerine for rinsing tooth brushes.
- Baby wipes for personal use.
- Medications: (personal and prescription)
- Prescription meds in original bottles
- Tylenol/Motrin/Aleve
- Tums/antacids
- Anti diarrhea
- Anti nausea

### Personal Medical Stuff:

- Stethoscope
- “Tools of your trade”
- Gloves sterile vs. non sterile

### Odds and Ends:

- Lightweight small sleeping bag or sheets, pillow case
- 1 to 2 water bottles (pack socks and underwear inside them so they don't become wasted space in your luggage)
- Nylon cord/twine
- Small flashlight (LED lights last longest) with extra batteries (not in carry on)
- Camera (a bunch of disposables work great – put your name on them)
- Journal and/or note pad
- Playing cards
- iPod or other headset used for music
- Comfort food: (non melting) nuts, granola bars, dried fruit, crackers, whatever puts a smile on your face