

PACKING LIST FOR EASTERN EUROPE

Average day temp:

Average night temp:

Electrical: 220v AC, 50Hz

(Electronics will require adapter)

BAGGAGE: One checked bag with personal items and one carry-on.

Please contact your air carrier for specific weight and dimension limits.

Carry-On: We suggest a backpack.

What to pack:

- Passport and passport pouch
- Airline tickets, flight itinerary, immunization records, other travel documents
- Small amount of cash
- Change of clothing
- Basic toiletries (deodorant, toothpaste, toothbrush, hand sanitizer, etc.)
- Water bottle
- Optional: CD player, camera and film, chap-stick, ear plugs, sleep mask

Checked Bag: We suggest a roller duffel or large backpack. You must be able to lift and carry your own bag for a long distance if necessary.

What to pack:

Casual Clothing:

- Pants / Capris / Shorts (should be no shorter than hand length above girls knee)
- T-shirts and long sleeve shirts (no sleeveless shirts)
- Undergarments and sleep clothes (pack for cooler evenings)
- Sweatshirt / Jacket
- Optional: hat, sunglasses

Ministry Clothing:

- Males—pants, short or long sleeve shirt (no t-shirts)
- Females—long skirts, no logo t-shirts

(Please pack only modest clothing. If we feel that you are wearing inappropriate clothing we will ask you to change.)

Foot Wear:

- Rubber soled sport sandals (with fast drying straps that hold the sandal firmly to the foot)
- Low top tennis shoes for hiking or sports

Toiletries: Pack them in waterproof or zip lock bag.

- Shampoo / soap / grooming products
- Baby wipes
- Sunscreen and insect repellent containing 30-35% DEET
- Basic first aid (band-aids, kapectate or Pepto-Bismol tablets, etc.)
- Laundry detergent (liquid for hand washing clothes)
- Toilet paper (2 rolls with cardboard removed, smash to pack)
- Optional: any prescribed medications (they must be in original labeled bottle)

Gear:

- Towels and wash cloth
- Flashlights, alarm clock, extra batteries
- Waterproof raincoat or poncho
- Optional: Pillow, dictionary (your country's language/English)

Miscellaneous:

- Bible / notebook or journal / pens
- Snacks
- Spending money
 - o Cash only (new bills, no marks) in increments of \$20 or larger
 - o Suggested \$75-\$100 for every two weeks is suggested
 - o NO travelers checks

WHAT NOT TO PACK:

Expensive jewelry, un-prescribed medications, cell phones, pagers, other electronics, etc.