

## PACKING LIST FOR PERU – JOSIAH

*Average day temp: 80-90 Average night temp: 70-80 Electrical: 220v*

\*You **will** be packing a second suitcase with items to be left with our host missionary. A separate list of things needed for donation to our missionaries will be included. Please coordinate the packing of these bags with your trip facilitators. Upon your return you will have the empty suitcase to pack as you wish.

**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, other travel documents (if applicable)
- Small amount of cash
- Change of clothing
- Basic toiletries (deodorant, toothpaste, toothbrush, hand sanitizer, etc.)
- Water bottle
- Optional: CD player and batteries
  - camera and film
  - chap-stick
  - ear plugs and 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 (no shorter than one hand length above knee)
- T-shirts and long sleeve shirts
- Undergarments
- Sleep clothes (for dorm rooms)
- Light raincoat
- Swim wear / guys: trunk style / girls: modest one-piece or long tankini with shorts and t-shirt over it
- Optional: hat, sunglasses

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

### **Ministry Clothing:**

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

### **Foot Wear:**

- Rubber soled sport sandals (with fast drying straps that hold the sandal firmly to the foot)
- Low top tennis shoes or boots (sturdy for hiking or sports)
- Optional: flip flops to wear in showers or indoors

### **Toiletries: Pack them in waterproof or zip lock bag.**

- Shampoo, soap, deodorant (grooming products)
- Baby wipes
- Sunscreen (Malaria pills can make your skin hyper-sensitive to sun exposure)
- 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:**

- Sleeping bag or sheets and camp mat
- Towel and wash cloth
- Flashlight and extra batteries
- Alarm clock
- Mosquito Netting (must be rectangular with tie offs at each corner), extra string
- Optional: Pillow, umbrella

**Miscellaneous:**

- Bible
- Notebook or journal
- Pens
- Snacks
- Spending money, cash **only** (new bills, no marks) in increments of \$20 or larger (\$75-\$100 for every two weeks is suggested)
- NO** travelers checks

**WHAT NOT TO PACK:**

- Expensive jewelry
- Un-prescribed medications
- Cell phones
- Pagers
- Other electronics, etc.