

## Personal Item Check List

1. \_\_\_\_\_ Passport, airline tickets, drivers license and diver certification card.
2. \_\_\_\_\_ Camera with plenty of film and spare AAA, C, D and camera batteries.
3. \_\_\_\_\_ Laundry bag, clothes pins, cords, and scrub brush for washing clothing by hand.
4. \_\_\_\_\_ Waterproof flashlights (should have at least two with rechargeable batteries.)
5. \_\_\_\_\_ Head lamp (for reading or working at night without disturbing rest of team).
6. \_\_\_\_\_ Swiss Army knife or the more sturdy, multipurpose pocket tool.
7. \_\_\_\_\_ Sewing kit (with spare buttons).
8. \_\_\_\_\_ Umbrella (beside obvious use, can be helpful for filming on rainy days).
9. \_\_\_\_\_ Bible, paperback books, and magazines for villagers and for sharing with team.
10. \_\_\_\_\_ Personal information: medical history, insurance, and emergency numbers.
11. \_\_\_\_\_ Things you may not find locally (chewing gum, peanut butter, candy, etc.)
12. \_\_\_\_\_ Spare set of house and car keys for your return.
13. \_\_\_\_\_ Presents for giving to villagers: pocket knives, sewing kits, American T-shirts, etc.
14. \_\_\_\_\_ Day pack and hip pouch. A hip pouch is good security for money and passports.
15. \_\_\_\_\_ A personal journal with addresses, telephone numbers and your itinerary.
16. \_\_\_\_\_ Leather gloves...a must. Cut or chafed hands in the tropics are a major hassle.
17. \_\_\_\_\_ Bars of soap, shampoo, tooth brushes & tooth paste: for sharing with villagers.
18. \_\_\_\_\_ Sun & prescription glasses.
19. \_\_\_\_\_ Prescription drugs. Foreign non-prescription medicines are different than American brands so bring your own antihistamines, cold medicine, eye wash, vitamins, etc.)
20. \_\_\_\_\_ Chap stick, bug repellent, and sun screen are an absolute must!!
21. \_\_\_\_\_ Toilet kit: toe nail clippers, small scissors, razor, comb, toothbrush and paste, deodorant, toilet paper (2 rolls), tampons or pads, etc.
22. \_\_\_\_\_ One set of sheets for twin bed with pillow case (may want to bring own pillow)
23. \_\_\_\_\_ Towels, please leave them at the school when you leave.
24. \_\_\_\_\_ Small roll of duct tape