

International Packing List

Clothing

Casual shirts
Casual pants/shorts (to the knee)
Pajamas
Sweater/light jacket (both for Holy Land trip)
Underwear
Socks
Tennis shoes
Hat/Scarf/Gloves (Holy Land trip especially)
Church dress (Dress/Skirt for women; Collared shirt for men)
Suggestion for ladies: Maxi skirts travel very well
Suggestion for all: Dress in layers

Electronics

Cell phone (contact your provider for international plans while traveling)
Camera
E-reader
Chargers
Adaptor (available at Wal-Mart, Target, etc.)
Converter (most cell phones and cameras do not need a converter as they already have one built in)

Medical Health

Check your specific needs with you physician
Prescriptions
Allergy medication
Pepto-Bismol
First Aid Kit
Hand sanitizer/Antibacterial wipes
Sunscreen
Ibuprofen (or other pain medication)
Melatonin (vitamin sleep aid)
Insect repellent

Miscellaneous

Sunglasses
Watch
Keys
Duct Tape
Batteries
Alarm clock
Earplugs
Sleep Mask

Miscellaneous, cont'd.

Journal
Book/E-reader
Snacks
Sewing Kit

Toiletries

Toothbrush/paste
Floss
Mouthwash
Glasses/Case/Contacts/Solution
Q-Tips
Tweezers/Nail Clippers
Deodorant
Shampoo & Conditioner
Soap/Body Wash
Washcloth
Brush/Comb
Mirror
Tissues
Lotion/Lip Balm
Razor
Facial cleanser
Feminine products
Curling Iron/Hair Dryer (will need a converter)

Money

Wallet/Purse
Debit card/Credit card (notify card company before you leave of when and where you will be traveling)
Cash

Documentation

Passport (check to make sure it is not expired)
Driver's License
Tickets
Itinerary
CBH guide contact information