

ITEMS TO PACK

Medicine:

Personal prescriptions

Optional Medicines:

Allergy medicine

Ibuprofen

Imodium AD/Pepto-Bismol

Motion sickness medication

Personal Items:

PASSPORT

Backpack/small bag

Bandannas, hat (extra to give away) or scarves

Bath towel and washcloth

Twin bed sheets & pillowcase (pillows & blankets in the dorms)

Extra trash bag for dirty clothes

Bible & Notebook

Bug spray w/ Deet

Hand sanitizer/wet wipes

Earplugs for light sleepers

Small flashlight

Lice shampoo (for road trips only)

Sandals

Sunglasses

Sunscreen

Toiletries

Water Bottle

Working/walking shoes

Extra batteries for camera

Food & Supplies (keep in Ziploc bags):

Fruit in cans or plastic cups

Granola/breakfast/power/protein bars

Hard Candy

Snacks (nothing that will spoil)

Powder Gatorade/Crystal light (optional)

Money:

Cash only - \$50-\$75 is average, bring \$1 bills for sodas/ice cream on B2B campus for mealtime/evening

Souvenirs (e.g. market shopping on campus)

B2B t-shirts - \$10-\$15 each

Money used for meals in airport down & back, B2B market shopping, etc.

Other Things to Bring or to Remember

Men's Clothing:

Work Jeans

Shorts*

Sweatshirt for night time

T-shirts – lots of them! At least two per day

Work clothes

Swimming trunks

Women's Clothing:

Work Jeans

Shorts/Capris* - knee length

Sweatshirt for night time

T-shirts – lots of them! At least two per day

Work clothes

Bathing suit (one piece or tankini, please)

Seasonal Clothing:

April-September

- Raincoat

December-January

- Warmer clothes
- 60's-80's during day
- Cooler at night

*Due to cultural considerations **ALL** shorts (male & female) must be at least knee length. No tank tops, midribs, or spaghetti strap shirts. **Please keep safety & modesty in mind as you pack for the trip.**

*Leave at home: hair dryers, curling irons, straightener, designer clothes, expensive jewelry. *Cell phones & iPod's – limited use, please!*

***Please ask a B2B captain if it is okay to give candy to the children first!**

*You can bring crafts/coloring books to be creative with the kids! They love this.