

ATC Ministry Trip Packing List

Basic Information

Pack and bring your belongings in a carry-on size bag or backpack. You can usually bring a small suitcase and a backpack and take them on the plane with you. All our trips require travel several hours from the airport, so lost luggage may not arrive during your trip. We always recommend NOT checking baggage on the way TO the field.

Traveler's checks are NOT recommended. Bring cash and ask about the country to which you are traveling in case they only take certain size or date of bills.

Carry your passport with you at all times. (Africa – also yellow card)

Dress will be conservative and respectful of the culture.

No jewelry is needed.

Packing - NOTE -some trips have a weight limit!

Medicine (any prescriptions), first aid items, Tylenol, Imodium, Pepto Bismal, etc. Malaria medicine (if needed - -Malarone is our recommendation)

Clothes – 3 outfits – Zip off pants, short sleeved shirts. (Ladies ask us if skirts or dresses are recommended. Men ask if you need a dress shirt or tie.) Include a long sleeved shirt or light jacket for cool evenings. Ask if shorts may be worn. Have one outfit designated solely for travel to and from the field.

Bandana (sweat, dust, head covering, napkin – many uses!!)

Flip flops (shower)

Bathing suit (modest) -- (possibly – ask if needed)

Boots or tennis shoes (be prepared to walk) & socks

Bible, pen and journal

Toiletries (pack soap, hand sanitizer, & any feminine supplies)

Towel/wash cloth

Possibly a flat twin size sheet & light blanket (ask if needed)

Flashlight

Insect repellent with DEET (not in a metal can)

Water bottle (possibly)

Sunglasses & Sunscreen, Hat/Visor (possibly)

Rain Poncho/umbrella (possibly)

Snacks (granola bars, cracker packs, dried fruit or nuts, etc.) in ziploc bags (many ants!)

Dramamine or motion sickness medicine (curvy roads)

Money for drinks, extra meals out, snacks, excursions, and souvenirs

Camera

