

General Recommendations for Personal Packing

We suggest that your carry-on bag includes your most valued items in the case that your checked suitcase does not arrive on the same flight as you do. The following is a suggested list of items to bring with you on your project:

- Personal RX Medicines and OTC medicines as needed (suggestions are Cipro, Imodium, Bonine, Pepto-Bismol, Advil/Tylenol)
- Powdered Gatorade (electrolyte replacement)
- Re-usable wide-mouth water bottle
- Snacks
- Travel Alarm clock
- Hand Sanitizer - Pocket size
- Antibacterial hand soap
- Soap/Shower gel
- Shampoo/Conditioner
- Shower Shoes
- Hand towels/Washcloths (hotels usually do not provide)
- Blow dryer (bring adapter)
- Bug Repellant with Deet
- Sunscreen
- Sunglasses
- Pens, clipboards
- Fanny pack or waist wallet
- Small backpack for day & weekend travel
- Kleenex & Toilet Paper – travel pack size
- Camera/extra batteries or charger
- Flashlight or penlights & extra batteries
- Ear plugs
- Hangers
- Laundry Bag and Sharpie for marking clothes if sending out for laundry
- Clothesline/pins and soap for hand washing

Clothing Please refer to "[Professional Dress Code for Projects](#)" found on our Resources web page

- T-shirts/Tops (quick drying are great; no spaghetti strap or sleeveless tops)
- Pants/capris
- Scrubs
- Comfortable shoes
- Mid-weight jacket/rain jacket for rainy or cold mornings and nights
- Hat for weekend
- Dress outfit for church & final dinner
- Beach towel and swimsuits (not all projects will have swimming areas)