

TRIP PACKING CHECKLIST



ESSENTIAL DOCUMENTS & PRE-TRAVEL

- Passport
(valid 6+ months)
- Real ID Driver's License
- Printed Tourist Visa(s)
- Credit Card notifications
(notify bank/s of travel plans)
- Frequent flyer card(s)
(airline loyalty numbers)
- Travel insurance documents
(life, trip cancellation, international medical)
- Yellow Immunization Card
- STEP registration confirmation
(U.S. citizens)
- Transportation tickets
- Emergency contact (printed)
- U.S. Embassy contact info in
destination country(s)
- Country invitation letter
(if applicable)

HEALTH

- Personal perscriptions
- Malaria medication
- Vitamins
- Pain relief (Aspirin, etc.)
- Antacids
- Hand sanitizer & wet wipes
- Electrolyte drink mix
(Nuun, Liquid IV)
- Small first aid kit
(bandages, antiseptic, etc.)
- Insect repellent
(preferably with DEET)

ELECTRONICS

- Mobile phone & charging cable
- Portable power bank
- Universal travel adapter
& voltage converter
- Flashlight / headlamp
(plus extra batteries)
- Check international phone plan

MONEY & SECURITY

- \$100 USD
(Denominations above \$20, newer than 10
years old, crisp without tears or folds.)
- Money belt
(worn under clothing)
- Secure document organizer
- Luggage locks
(keys or TSA-approved)

TRIP PACKING CHECKLIST



CLOTHING (DRESS MODESTLY & IN LAYERS)

- Sunday dress-up outfit
- Shirts & pants
- Dresses / skirts
(women, presenting days)
- Sleepwear
- Undergarments
- Jacket / sweater
- Comfortable walking shoes
- Sandals

PERSONAL CARE

- Laundry detergent packets
(for longer trips)
- Sun protection
(hat, sunglasses, sunscreen)
- Deodorant
- Soap & shampoo / conditioner
- Teeth care products
- Comb / brush
- Razor & shaving cream
- Chapstick / lip balm
- Toilet paper
- Quick-dry towel

TRAVEL GEAR

- Petros Network luggage tags
- Luggage wrap identifier
- Day bag
(to carry in field with essentials)
- Travel neck pillow
- Eye shade & ear plugs
- Bible / journal / pen
- Personal snacks

EXTRAS

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