**RTIM Short Term Trip ~Suggestions for Packing List**

We are grateful that God has given you this opportunity to serve His Church on this training trip. Here are a few suggestions for you as you prepare to travel. **Pack as light as possible.** Try to resist the temptation to take things just in case you need them. Remember weight requirements may change if you have to take a domestic flight within the country you are traveling to, so it makes sense to pack under the weight limit (50 lbs for US) Also, remember, theft is always a possibility when you travel. Please don’t bring anything you can’t afford to lose.

**CarryOn Luggage:** Here are some suggestions for what to have in your carryon bag (a backpack is the preferred carryon because it is small, and may easily be put into overhead compartments) Make sure all items you pack in the carryon follow current TSA requirements:

**\*Change of clothes-** If your luggage fails to arrive when you do, you will have two changes of clothing. One you are wearing and one in your carryon. \*Passport

**\*Journal-**You will want to record your thoughts, your prayers, and all that God is teaching you.

**\*Ear buds or headphones.** Noise reducing or canceling ear buds or headphones can be used not only for listening, but also for canceling noise in your environment when you need to study or sleep.

**\*Prescription and over-the-counter medications-** Only pack what you will need during the travel time in your carryon. Put the rest in your checked luggage.

**\*Snacks-** You don’t know when you will eat again, or what it will be when you arrive, so eat something ahead of time so that you are prepared if you have to wait. One or two snacks that won’t melt or spoil should be all you need. Pack more in your checked luggage, if you have dietary restrictions.

**\*Sunglasses**

**\*Phone –** Don’t forget to check with your provider about getting a temporary international data plan.

**\*Charger-**Don’t forget the phone charger. A separate battery pack is also very helpful because then you don’t have to rely on finding a place to plug in.

**\*Travel pillow**-If you are flying a long distance, a travel pillow can help you get some much-needed sleep on the plane.

### **Checked Luggage Packing List:**

**\*Clothes. Remember resist the temptation of over-packing.**The type of clothes depends on location. Please consult with the missionary you will be working with on the type of clothing needed for that location. Please avoid any clothing that overtly draws attention to American culture, ie. Camo, sports logos, neon colors. We are there to humbly serve our brothers and sisters in Christ. Let that be the focus.

**\*Light rain jacket or pancho**. If you are going to a climate where there will be a lot of rain, the pancho is an essential.

**\*Two pairs of shoes**. Wear one comfortable pair on the plane. Then alternate when in country. As with clothes, the type of trip dictates the kind of shoes.

**\*Flip flops for the shower.**

**\***Tr**avel or thin line Bible.** Don’t rely on your Bible app for your personal study or when you have opportunities to share God’s Word.

**\*Water bottle**. Staying hydrated is one of the most important ways you can do to take care of yourself on a trip, even if you are in a mild climate. Flying itself will dehydrate you. (keeping hydrated will help stave off jet lag and help you in those high elevations) You can take the empty water bottle through security and then fill up afterward. It is always wise to keep a bottle of filtered water on you . For this reason, you want a good water bottle that will withstand the trip.

**\*Personal toiletries**. Might want to include a small pack or two of moist towelettes depending on where you are going.

**\*Bug spray and Sunscreen.**

**\*Snacks.** Our hosting brothers and sisters will feed us and it is right that we eat with them, but if you need something in between, it is helpful to have some additional snacks along.

**\*Flashlight.** You will be sleeping in an unfamiliar place, and if you need to move around in the night, you will need a flashlight. Bring extra batteries

**\*A small bottle of hand sanitizer**. Use discreetly before eating if you do not have access to soap and water.

\***A small supply of medications for various sensitivities as you travel**, ie. anti-diarrhea medicine (preferably tablets), Kaopectate or pill equivalent. Dramamine if you get easily car or sea sick. Aspirin/Tylenol/Ibuprofen

**\*A Christ-like attitude, flexibility, and a love for the people.**