

# WHAT TO BRING CHECKLIST

## General Items

### Required

- Bible, pen, and notebook—Bring a paper Bible as mobile devices may not be used in devotions.
- Bring your own personal first aid kit, including sunscreen, anti-diarrheal, insect repellent, and itch relief. Bring any medicine you take regularly or might need.
- Spending money in small bills (keep in a money belt or zippered bag)—\$40 is suggested
- Small flashlight, extra batteries
- A pair of scissors or a pocketknife (put in your checked luggage)
- A refillable water bottle and a coffee cup or thermos (needed for coffee, hot drinks, or soup)—You will be provided a dish, a fork, and a spoon to use.
- Sleeping bag or bedroll, flat sheet (individual size), small pillow with an extra pillowcase, and a mat or something to place on the floor under your sleeping bag (an exercise mat, a foam camping pad, or an air mattress)—You will be sleeping on a concrete or tiled floor.
- Two small, lightweight bath towels and two washcloths
- Toiletries and personal items: toothbrush, soap, shampoo, deodorant, hand sanitizer, and other essentials—Bring travel-sized items!
- Plastic bags for dirty laundry, laundry detergent for washing by hand, at least 10 clothespins for hanging clothes, and 8 feet of parachute cord or strong string (for tying knots or hanging clothes)—A washing machine may be available for large clothing items.
- Suitcases: limited to one large suitcase and one carry-on item (backpack, messenger bag, or roller bag—You will use this during the second week.) per participant. Choose suitcases that meet current airline standards and that are easy to manage by yourself.
- Optional: small sewing kit, camera, batteries, and/or charger

**Clothing** – Bring clothes for at least 5 days.

### Required for Both Genders

- Tennis shoes (two pairs) and socks
- Flip flops for use only in the shower
- Safety glasses, ear plugs, hat (or bandana), and gloves (cloth or leather) for outside work
- Lightweight jacket or sweater
- Rain gear: lightweight raincoat or poncho and small travel-sized umbrella
- At least one outfit (including shoes) appropriate for Sunday morning worship
- Lightweight conservative pajamas with short sleeves

### Male

- Full-length denim or durable work pants (at least two pairs)
- Short-sleeved shirts (no secular slogans/words/graphics)

*Note: DO NOT BRING shorts, excessively baggy or tight pants, cutoffs, tank tops, or sleeveless shirts. No facial hair is permitted for young men.*

### Female

- Skirt or culottes (skirt-like in appearance)—Length must be below the knee. Denim is acceptable.
- Short-sleeved shirts or blouses (no secular slogans/words/graphics)

*Note: DO NOT BRING shorts, gauchos, capris, pants, halter tops, form-fitting shirts, low-cut blouses, or sleeveless shirts. Keep makeup and jewelry to a minimum and within International Student Convention standards. It will be difficult to use electric curling irons, straighteners, or blow dryers.*

*Note: DO NOT BRING secular magazines, music, or books. DO NOT BRING games or toys. Earphones cannot be used during the day. Cell phone usage will be limited.*

**Bring a real, physical Bible with paper pages for devotional time.**