



World Vision



**COMRADES VISION TRIP
PACKING SUGGESTIONS**

Women's Packing List

Dress (Not Sleeveless)

Blouses (Not Sleeveless)

Shorts to or below the knee

Slacks

Skirts or Capris

Underwear

Socks

Walking Shoes

Foldable Rain Jacket

Team World Vision T-shirts

Team World Vision Tech Tee

Hat

Light Jacket or Sweater

One-Piece Bathing Suit

Sunglasses

Toiletries

Deodorant

Shower Sandals

Feminine Products

Contact Lens Supplies



Men's Packing List

Sport Shirts

Slacks

Shorts to the Knee

Underwear

Socks

Walking Shoes

Nightwear

Foldable Rain Jacket

Hat

Team World Vision T-shirts

Team World Vision Tech Tee

Light Jacket or Sweater

Swim Trunks

Sunglasses

Toiletries

Deodorant

Shower Sandals

Belt

Contact Lens Supplies



Food/Medical/Travel List

MEDICAL SUPPLIES

Check w/ doctor for specific meds
Cold remedy and antihistamines
Antibiotic cream
Band-Aids
Chap stick
Bug repellent
Hand Sanitizer Travel Size
Pepto-Bismol tablets
Laxatives
Pain reliever (Advil, Tylenol etc.)

Antacids Eye drops

TRAVEL DOCUMENTS

Valid Passport & Color Copies
Airline Tickets & Itinerary
SOS Insurance Card

FOOD IDEAS

Protein bars
Granola / Fruit Bars
Trail Mix
Dried Fruit
Nuts
Beef Jerky

TRAVEL HINTS

Drink bottled water daily

Pepto-Bismol tablet at the start of each day can help protect your stomach



Miscellaneous Packing

Kleenex or Toilet Paper

Small Flashlight or Headlamp

Camera with Memory Cards

Phone & Camera Charger

Adapter for Power

Credit Card

Bible and reading materials

Notepad, Journal & Pens

Ear Plugs

Inexpensive Watch

Extra supply of Batteries

Deet Bug Spray (100%)

TWV Gear (Hats, Shirts, Jackets)

Race Day Gear (Runners & Spectathletes)!

Wet Ones Sanitizing Wipes

Travel Size Detergent Packets

Sunscreen

Cash (Bills printed after 2000)

Small Language Dictionary

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