

Luggage

Please make sure that everyone's luggage tags are marked with name and phone number *before* you leave for the airport. It is recommended that you place your name, address, and phone number inside your bags too. For easier identification, tie a bright colored ribbon or such to your checked bags.

Requirements for luggage allowance may vary from airline to airline. Please check the carrier's website prior to departure as baggage allowances change on a daily basis. Generally:

- Checked Baggage: airlines accept 1 checked baggage item per ticketed passenger without charge. This may weigh no more than 50lbs. and not exceed a combined length, height, and width of 62 inches. Musical instruments must be in cases and, usually must go as checked baggage. Any overweight charges and additional baggage charges will be put onto the team account.
- Carry-On Baggage: airlines allow 1 piece of luggage that does not weigh more than 40lbs. and not exceed dimensions of approximately 22" x 14". It must fit easily in the airline's measuring device at the airport check-in locations.
- Personal Items: airlines allow purses, briefcases, laptop computers, diaper bags, camera cases, small book bags, or backpacks, books, newspapers, outer clothing and items of similar size that do not exceed 36 linear inches (length + width + height).
- Check TSA requirements, but example of approved carry-on items:
 - Walking canes
 - Nail clippers without metal nail file
 - Safety razors
 - Syringes once documented medical need
 - Tweezers with flat tips
 - Umbrellas once ensured nothing concealed
 - Eyelash curlers
 - Shaving foam in limited quantity
- Check TSA requirements, but example of banned carry-on items:
 - Knives of any kind
 - Cutting instruments of any kind
 - Ice picks
 - Straight razors
 - Metal scissors with a pointed tip
 - Metal nail files
 - Corkscrews
 - Baseball bats
 - Golf clubs\Pool cues
 - Ski Poles
 - Hockey sticks
 - Exercise bands
 - Peanut Butter
 - Magnets

Packing Tips

These suggestions are not all inclusive, but are intended to give you a guideline for your travel.

- Pack lightly. After 2-4 weeks of lugging those suitcases, you'll be glad you did.
- Do not pack 15 minutes before you leave. You will forget something.
- Create a checklist. Put it in the pocket of your luggage. Go over your checklist item by item before you leave your home/dorm.
- Check for any new Security Issues.
- Make sure that all your luggage/bags have name/phone number tags attached.
- Be realistic in your packing. Avoid excess bulk. Most people tend to over-pack. Overdoing "just in case" items adds extra weight, and you will have to tote your own luggage, plus pay an overweight charge at the airport.
- Luggage for the trip is limited to 2 checked bags not over 50lbs. each and one carry on. One bag is for your personal things, the other is a piece of equipment or supplies for the ministry.
- Any liquids should be tightly sealed and put into your checked luggage.
- Some people like to roll their clothing rather than laying it flat. With some items it takes up less room and can prevent wrinkling.
- Put heavier, most wrinkle-resistant items (sweaters, robe, jeans) on the bottom of your suitcase. To minimize wasted space, alternate the layers of remaining clothes: first, a layer from left to right, then one from front to back.
- Try packing items inside one another.
- The nooks and crannies that remain in your suitcase should be filled with rolled up belts, scarves, neckties, underwear, etc. These items will cushion and hold the other items when the suitcase is closed and standing upright.
- Try to make the last layer of clothing you pack the items you will need first.
- Plastic bags are useful for laundry and to hold clothes that may be damp.
- Pack one change of clothing in your carry-on in case your checked baggage does not arrive when you do.
- Dress for the flight should be comfortable, but nice.

What to Pack (Ask the missionary as your dress code will be dictated by the host culture, but the following are suggested):

Clothes

Men

- Pants (1 dress, others casual)
- Shirts (1 dress, others casual)
- Work clothes and shoes
- Shorts if appropriate
- Sweatshirt or light jacket
- Shoes/socks (comfortable)
- Underwear
- Sleepwear
- Swim trunks

Women

- Jeans, skirts
- Shirts
- 1 Sunday-type dress/skirt-blouse
- Work clothes
- Shorts if appropriate
- Sweatshirt or light jacket
- Shoes/socks (comfortable)
- Underwear
- Sleepwear
- Swimsuit if appropriate

Other Things

- Bible/journal
- Passport
- A small album of your family (also postcards from your area)
- Cheap watch
- American coins (all kinds to share with host family kids!)
- Camera, extra batteries, film (very expensive to buy there)
- Flash light, extra batteries
- Host gifts: mugs, stickers, wrapped chocolate candy (mini bars, Reese's, etc.), nice Cedarville t-shirts, hand/kitchen towels for ladies, small kids' books, adult devotionals, chocolate chips (for making "American" cookies w/ your family)
- Thank you notes for missionary, etc.
- Alarm clock
- Spending money (limit of \$150)
- Personal snacks, a bottled water
- Room in your suitcase for souvenirs on the return
- Book to read on the plane

Toiletries (pack liquid items in plastic zip-lock bags)

- Any medications/vitamins you use (especially for allergies)
- Extra contacts/glasses/sunglasses
- Blow dryers/curling irons will be difficult to use. Some adaptors are available, but it will be better if you can live without it. Some of the host families may have blow dryers you can borrow, but don't count on it.
- Lotion/sunscreen/aloe/insect repellent
- Hand cleaner
- Shampoo/conditioner
- Soap, towel, & washcloth
- Deodorant
- Toothbrush & toothpaste
- Brush/comb/etc.
- Razor, shaving cream
- Toilet paper or kleenex
- Feminine hygiene items

Travel Tips

Consider leaving all your jewelry behind; this prevents theft as well as the possibility of offending others.

Leave a complete itinerary and emergency phone numbers with your family. Your team leader will provide both for you.

Check your wallet and remove anything that won't be needed on the trip. Beware of potential pickpockets while traveling in large cities.

Stick with other team members while traveling to avoid being left behind or separated from the group. Hang on to your bags and listen to your leader.

On the plane, be aware of the image you are projecting to those around you. (Remember you may have team shirts/jackets on and all look alike.) Be sensitive to the nationals from your host country who are on board the flight.

In some countries, septic systems are not designed to handle toilet paper. If there is a waste receptacle next to the toilet, this is generally a clue that toilet paper is meant to be thrown away, not flushed.

To help avoid jet lag:

- Don't drink caffeine 4-5 days before departure.
- Do drink caffeine around 6:00 AM (their time) during the flight to reset your body clock.
- Drink 8 oz. of water every hour in the air to avoid dehydration.
- Get plenty of sleep the night before leaving. Sleep as much as possible on the flight. Skip watching movies during the flight to avoid the feeling of pulling an all-nighter. Also, try to adjust your schedule before departure. Start going to bed earlier and getting up earlier, just don't make major changes all at once...a little at a time makes the adjustment easier.
- Once you are on the plane, set your watch to the new time zone and adjust your mind-set to what you normally do at that time.