

PERSONAL PACKING LIST: Pack your personal belongings in one carry-on roller bag and backpack or purse. Mark personal items with your initials or name for easy identification. Use your checked bag for sunscreen, insect repellent, shampoo, and village supplies. Most US airlines currently allow one free 50-lb checked bag. Go to your airline's website to see the latest bag dimensions and fees. Review the Dress Code Pictures on the website under [RESOURCES>IMPORTANT TEAM INFORMATION](#). DON'T FORGET TO PACK YOUR Passport/Visa.

- ☐ Print & photocopies of passport, visa, flight itineraries, and travel medical insurance card
- ☐ Several disposable face masks
- ☐ Shirts: (3) t-shirt or sleeveless shirts but wide strap only (no spaghetti strap tanks)
- ☐ Shorts: (3) mid-thigh
- ☐ Socks(4-5): colorful or identifiable to easily find
- ☐ Underwear: (4-5), Bras (3)
- ☐ A light jacket /thin sweatshirt: airports, planes, and nights on the river can get VERY cold
- ☐ Travel clothes: Compression socks are good for long flights
- ☐ Church clothes: Women-casual skirt or dress/ Men-Cargo shorts or pants
- ☐ Pajamas: (appropriate for mixed company - usually knit pants, shorts, T-shirts)
- ☐ Sturdy village shoes: (recommend, enclosed athletic shoes, for example: Keen)
- ☐ Sturdy Flip-Flops: (for boat wear, not for the villages)
- ☐ Swimsuit: one piece or wear a shirt over a full-coverage tankini
- ☐ Hat
- ☐ Sunglasses
- ☐ Sunscreen: (preferably lotion, not spray/spray makes the floor slick)
- ☐ Insect repellent spray (30% DEET is suggested, but please test pre-trip for reactions)
Options Deet wipes for travel, Lysol wipes, we use these to prevent chigger bites
- ☐ Toiletries: in a hanging bag to hang from your hammock
- ☐ Soap for bathing: (useful to put shower items in a mesh lingerie bag with drawstrings)
- ☐ Extra Large Zip Lock bag (5 gal) with handle for keeping your clothes dry in the shower
- ☐ Loofah: good for shower and removing chiggers (bath towels provided, but not washcloths)
- ☐ Carabiners for hanging items from the hammock
- ☐ A water bottle (if you can attach a carabiner all the better)
- ☐ Travel pillow, small travel blanket (Blankets are provided, but it is nice to have an extra)
- ☐ Flashlight or headlamp, preferably with red light (this keeps bugs away)
- ☐ Earplugs
- ☐ Bible, Small Journal, Devotional, Pen/Pencil
- ☐ Snacks (individually wrapped or in a baggie)
- ☐ Individual packs of powdered electrolytes
- ☐ Phone charger
- ☐ Three-plug electrical adapter and 8 ft extension cord (optional) or an extra-long charger
- ☐ Spending/Travel Money: \$100-\$200 in small denominations, recommended for travel meals and souvenirs. \$50 per person is recommended for an optional donation to translators and crew.
- ☐ Personal prescription medicines, Malaria pills (**pack all in your backpack/tote**. Keep in mind, if the plane is full, sometimes they make you check your carry-ons at the gate.
- ☐ Electronic devices with earphones: Please do not play inappropriate music on the device (Christians in Brazil are conservative, and we want to be respectful of their culture with music and dress code). You can bring earphones for watching movies on flights.