

Suggested Supply List

Small first aid kit

Hand sanitizer

Passport

Passport copies

Medications (OTC and prescription)

Money in small bills

Credit card (notify your bank before you go that you will be out of the country)

Camera, batteries and charger

Cell phone and charger (check with your carrier about adding international service)

Voltage converter (if necessary)

Refillable water bottle

Change of clothes in carry-on bag (in case luggage gets lost)

Journal

Bible

Reading material for travel

Pens

Glasses

Comfortable shoes for walking

Bug spray

Hat for sun protection

Sunscreen

Anti-itch cream for bug bites

Pictures of your family

Large Ziploc bags for dirty clothes (I pack my clothes in these bags, one outfit per day)

Snacks

Pepto-Bismol