

## TOILETRIES

- wet ones
- instant hand sanitizer (like Purell)
- liquid soap (antiseptic) – for body & hand washing
- body powder
- shampoo, brush/comb, deodorant, toothpaste, toothbrush, shaving gear & mirror
- 6 or more small Kleenex Packets (for toilet paper)

## FIRST AID

- aspirin/Advil/Tylenol/cold remedy/decongestant/allergy
- diarrhea medication (Pepto Bismol, Imodium or Lomotil) some take Pepto-Bismol daily & it has proven to help
- first aid cream & band-aids
- sunscreen
- mosquito repellent with Deet
- vitamins & personal medications
- tub of granulated Gatorade for hydration (good to drink 1 liter/day)
- sleep aid (for plane & noisy environment)

## GENERAL

- bring a small pillow, pillowcase and flat sheet
- 2 bath towels (thin dries quicker) & 2 wash cloths
- flashlight & extra batteries
- 2 pint size bottles of water for plane ride (use only bottled water to drink & brush teeth, no ice)
- hat with brim
- sunglasses
- camera & film
- ear plugs (preachers snore, roosters crow, dogs bark)
- adapter/converter (220V-power not always available)
- alarm clock(wind-up)
- 12 heavy duty gallon size Ziplock bags(useful for packing wet cloths, souvenirs & emergencies)
- **snacks** – helpful to have especially if food doesn't agree with you

## IMPORTANT DOCUMENTS

- passport & airline tickets should be carried at all times in either money belt or money necklace
- driver's license & one credit card should also be in money belt with cash
- copies of passport should be stored in each piece of baggage
- \$100-200 is more than enough cash for meals en route & souvenirs(traveler's checks not necessary)
- Filipino currency: Philippine Peso      Current exchange rate: **46.11 pesos = one dollar**

## GIFTS

We will be giving each person that works with us on our Filipino team a gift bag. Please bring things to fill the bags such as small bibles, devotionals, tracts, books, cassettes, cd's, candles, stationery, pens, pencils, notebooks, etc. In addition, you may want to give your interpreter a gift that is special, but keep it moderately priced. Just remember, the gifts need to be generic as we will pool our resources and put the bags together.