

Packing list

Women

- ☐ Pajamas
- ☐ Undergarments
- ☐ Dresses/skirts (past knees)
- ☐ Blouses (sleeves)
- ☐ Pants (not yoga or leggings)
- ☐ Socks
- ☐ Shoes (dress and casual)
- ☐ Belt
- ☐ Sandals
- ☐ Jacket and/or sweater
- ☐ Work clothes

Men

- ☐ Pajamas
- ☐ Undergarments
- ☐ Pants
- ☐ Shirts (at least one dress shirt)
- ☐ Dress pants
- ☐ Socks
- ☐ Shoes (dress and casual)
- ☐ Belt
- ☐ Sandals
- ☐ Jacket and/or sweater
- ☐ Work clothes

Summer items

- ☐ Sunglasses
- ☐ Sunblock
- ☐ Sunburn relief
- ☐ Hat or cap
- ☐ Toothbrush, toothpaste & dental floss
- ☐ Skin care lotion/cream
- ☐ Soap and cloth
- ☐ Cosmetics
- ☐ Compact mirror
- ☐ Deodorant/roll-on
- ☐ Shampoo
- ☐ Hair brush/comb
- ☐ Shaving stuff
- ☐ Feminine hygiene
- ☐ Sewing kit
- ☐ Pocket knife
- ☐ Detergent
- ☐ Laundry line and hanger
- ☐ Towel
- ☐ Flashlight

Personal items (Carry on bag)

- ☐ Laundry bag/garbage bag
- ☐ Zip close plastic bags
- ☐ Camera, cable, batteries and charger, memory cards
- ☐ phone for video, wall block, charger cable
- ☐ Small Towel
- ☐ Journal
- ☐ Bible (apart from phone)
- ☐ Notebook
- ☐ Pen/pencil
- ☐ Reading material
- ☐ Snacks (won't melt)
- ☐ Ear plugs
- ☐ Eye shades
- ☐ Neck pillow/back support
- ☐ Small back pack with water bottle
- ☐ Small tissue packets
- ☐ Moist towels
- ☐ Hand sanitizer
- ☐ Money pouch
- ☐ Extra set of undergarments and clothes
- ☐ Sweater

***Toiletries (liquids, gels and pastes no more than
100ml each - must fit into a 1liter bag if carry-on)
No sharp objects (knife, scissor etc in carry on bc***

Additional:

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐