

## INTERNATIONAL MISSION TRIP PACKING LIST

### REQUIRED ITEMS

This list has been compiled by veteran travelers. The worst thing on an outreach is to bring too much but neither do you want to forget your essentials. Use this list as a general guideline in preparation for your trip to out of the country. Other items will be discussed in planning meetings.

- Passport
- Photocopies of Passports and any other important documents
  - In each bag and 1 for the Team Leader
- Prescription medications
- Recommended medications such as Malaria Pills and Others. See <https://wwwnc.cdc.gov/travel/>
- Medical Release Form for all minors
- Medical insurance information
- Immunization Record
- Baggage – May change depending upon airline requirements.
  - One bag max 30" x 18" This is large. Maximum of 44 lbs.
  - One SMALL carry-on. (22"x14"x9") Maximum of 15 lbs.
  - One Small Personal item. (Purse, camera, laptop, book) The personal item must stay with the passenger and may not be allowed in overhead storage.
- Luggage ID tags-The airline will give you tags but find some way to make your luggage easily recognizable.
- Spending Cash \$250 to \$500
- Toiletries, Flushable Wet Wipes
- Feminine Products
- Sunblock
- Mosquito repellent
- Bible, journal, notebook, pens
- Clothing should be comfortable but appropriate for the ministry.
- 1 change of clothing in carry-on is strongly recommended.
- Electric converter/adapters, if applicable.
- Pictures of your home country & family (a great witnessing tool. Most people LOVE seeing pictures)
- Rain gear
- Other items as discussed in preparation meetings

### LIQUIDS

You are allowed to bring a quart-sized bag of liquids, aerosols, gels, creams and pastes in your carry-on bag and through the checkpoint. These are limited to travel-sized containers that are 3.4 ounces (100 milliliters) or less per item. Placing these items in the small bag and separating from your carry-on baggage facilitates the screening process. Pack items that are in containers larger than 3.4 ounces or 100 milliliters in checked baggage.

Any liquid, aerosol, gel, cream or paste that alarms during screening will require additional screening.

You may carry duty free liquids in secure, tamper-evident bags, more than 3.4 oz or 100 ml in your carry-on bag if:

- The duty free liquids were purchased internationally and you are traveling to the United States with a connecting flight.
- The liquids are packed in a transparent, secure, tamper-evident bag by the retailer and do not show signs of tampering when presented to TSA for screening.
- The original receipt for the liquids is present and the purchase was made within 48 hours.

The items inside the secure, tamper-evident bags must be screened and cleared. Any item that alarms or is unable to be screened will not be permitted in your carry-on bag. We recommend packing all liquids, gels, and aerosols that are over 3.4 oz or 100 ml in your checked baggage, even if they are in a secure, tamper-evident bag.

See <https://www.tsa.gov/travel/security-screening>

## **IMMUNIZATION**

Immunizations are very important to ensure your safety when traveling abroad. First locate the health recommendations for your trip destination at  
<https://wwwnc.cdc.gov/travel>

Unfortunately, your local doctor may not carry the immunizations you require. If so, contact the Tarrant County Health Department in Fort Worth to make a reservation. Appointments are required.

<https://www.tarrantcountytexas.gov/en/public-health/clinical-services0/immunizations/travel-health-services.html>

**Travel Health Services (817)248-6299**

1101 South Main Street, Fort Worth

Mondays, Wednesdays & Thursdays: 8 a.m. – Noon, 1 - 5 p.m.

Tuesdays: 8 a.m. – Noon, 1 - 6 p.m.

Fridays: 8 a.m. – Noon, 1 - 4 p.m.