

GHI Packing List Suggestions

As you pack, please remember you are representing LLUH.

Travel Documents

- ◇ Passport/Passport holder*
- ◇ Permanent Resident Card or I-20 (*for non US citizens*)*
- ◇ Visa (*if necessary*)
- ◇ Clinical License (*if necessary*)

Toiletries

- ◇ Soap/Body wash/Face wash
- ◇ Toothbrush/Toothpaste/Floss*
- ◇ Shampoo/Conditioner
- ◇ Dry shampoo
- ◇ Hairbrush/Comb*
- ◇ Hairbands/Pins*
- ◇ Make-up/Make-up Remover*
- ◇ Deodorant*
- ◇ Perfume/Cologne
- ◇ Lotion/Moisturizer
- ◇ Lip balm*
- ◇ Hand sanitizer*/Antibacterial wipes*
- ◇ Sunscreen/Aloe Vera
- ◇ Washcloth/Towel
- ◇ Razor/Shaving gel
- ◇ Contact lenses/Solution*
- ◇ Glasses/Glasses case*
- ◇ Feminine products
- ◇ Cotton swabs
- ◇ Air freshener
- ◇ Nail clipper/filer
- ◇ Tweezers
- ◇ Mirror

Miscellaneous Items

- ◇ Bible & reading material
- ◇ Snacks/Gum*
- ◇ Journal/Pens/Pencils*
- ◇ DEET: 25% is recommended
- ◇ Hat/ Bandana
- ◇ Nalgene/sturdy water bottle (empty)*
- ◇ Sunglasses/Sunglasses case*
- ◇ Small gifts for kids (not candy, e.g. coloring books or small stuffed animals)
- ◇ Small gift for host(s)
- ◇ \$ for activities and shopping*
- ◇ Camera/Battery/Charger/SD card/Tablet/Laptop
- ◇ Phone*/Charger*/Alarm clock
- ◇ Headphones*
- ◇ Dirty clothes bag
- ◇ Backpack/Day bag
- ◇ Flashlight/Headlamp
- ◇ Travel sewing kit
- ◇ Watch with seconds count

Clothing (dress modestly/in layers)

- ◇ T-shirt//Light weight pants/Jeans/Shorts/Long skirts/Dresses
- ◇ Belt
- ◇ Church clothing
- ◇ Scrubs for clinic
- ◇ Lightweight jacket/fleece
- ◇ Undergarments/Socks*
- ◇ Bathing suit/ Water clothes
- ◇ Pajamas
- ◇ Raincoat/Umbrella

