

JEWISH UNITED FUND MISSIONS

Packing Guide

Documents

To be carried with you.

- Passport/Visa
- Tickets
- Driver's License
- Credit Cards
- Traveler's Checks
- Personal Checks
- Cash

Note: Photocopy the inside page of your passport, which includes photo and passport number.

Medical

Anticipate your needs. Some items are much more costly abroad.

- Band Aids
- Aspirin/Tylenol
- Prescription drugs
- Feminine products
- Suntan lotion
- Diarrhea medication
- Laxatives
- Eye drops
- Alka Seltzer/Pepto Bismol
- Motion sickness medication
- Cold capsules
- First aid cream
- Extra pair of eye glasses/Contact lenses

Note: All medications should be kept in carry-on luggage. Do not check through with other luggage.

Basic Travel Wardrobe

This wardrobe is geared to the average 7 to 10-day mission.

- Jeans/Khakis/Dockers/Shorts
- T-Shirts
- Skirt/Dress for Shabbat
- Sports Coat/Blazer
- Head covering for religious sites
- Pullover/Light jacket
- Sweater/Sweat shirt
- Swimsuit
- Pajamas
- Undergarments
- Socks
- Comfortable walking shoes/Sneakers
- Hat for sun (NECESSITY)
- Jewelry (bring very little)

Note: Layered clothing is recommended for comfort.

Small Carry-On Bag for Each Person

No tweezers or sharp instruments.

- Medications
- Nosh/Gum/Hard candy
- One change of clothing
- Reading material
- Bottle of water
- Toothbrush/Toothpaste
- Eye-wear products (contact case, solution, glasses, etc)

Toiletries

- Tissues
- Sunscreen
- Deodorant
- Brush/Comb
- Shampoo/Conditioner
- Pre-moistened towelettes
- Makeup/Moisturizer
- Talcum Powder
- Toothbrush/Toothpaste/Dental floss
- Q-tips
- Shaving items

Miscellaneous

- Electrical Converter (as needed)
- Camera/Film/Batteries
- Folding bag/Nylon duffle bag
- Umbrella/Rain poncho
- Laundry Detergent
- Sewing kit
- Scissors
- Safety pins
- Pens/Pencils
- Pad of paper/Journal

Note: Film and batteries abroad are usually expensive. Bring plenty!

For Friends, Family & Hosts

- Easy to carry & pack gifts (do not wrap-customs will unwrap)
- Stickers or small toys
- Picture frames
- Books

Note: Last minute shopping can be done at airport duty free shops.