**Suggested General Pack List**

You are allowed one small carry-on and a backpack. I would suggest putting an extra change of clothes (and your medicines) in there just in case luggage is accidently misplaced for some odd and evil reason!

Make sure that your carry on does NOT have large quantities of liquids (less than 1 1/2 ounces) or other strange items in it.  If you haven’t flown recently it is quite amusing as you have to put liquids in a clear plastic zip lock, you take your shoes off, your belt, empty your pockets, take off your jewelry, - basically undress, redress, unpack and repack again.

The more simple the stuff you pack in your *carry on* the more simple it is for you.

Passport and copy of your passport in your suitcase

All your meds you (and your doctor) decide to take – pepto is a good idea – put all your meds in a zip lock and bring them on your carry on. Very important.

Empty water bottle

Mosquito repellant -high deet content– in a zip lock

Mosquito net – I have these

Gatorade powder – in a zip lock, other snack foods if you like.

Sunscreen- in a zip lock

Hat and modest swimsuit – just in case there’s a beach!

Flashlight or Cell phone or Camera and batteries or charger

Journal, pen

Toiletries (in a zip lock)

 Small Towel

One sheet and light weight cover/small pillow/earplugs

Small backpack or bag for village life

Pics of your family are very interesting to those we visit!

Clothes  - light weight easy wash/dry clothes 3-4 changes

Sturdy sandles/shoes; flips flops for showers/house etc.

 Battery operated Personal Fan and D batteries

Extras to be determined on weight:  small gifts for our hosts/hostesses; things that pack flat, any thing women/men like here, they like there!

If you have questions please contact me.  jcdorrell@yahoo.com