

## **MPPC Ethiopia Medical STM trip PACKING LIST**

### **You will need to provide**

Passport, plus 2 photo copies (1st in a bag and 2<sup>nd</sup> with travel buddy)

Visa (from passport)

Airline tickets, plus 2 photo copies (same as above)

Immunization Record (yellow card)

U.S. Money (small bills, shopping will determine how much you bring)

Money belt or safe place to hold money, tickets, passport, etc.

Bible

Trip notes

Journal

Pens

Toiletries in travel size quantities

Purell (anti-bacterial cleanser)

One nice outfit (for church service or nice restaurant) – women should bring a skirt or dress

Casual clothes (San Francisco climate)

Tennis or walking shoes & Flip-flops

Small jacket or lightweight sweater (nights can get a little cold)

Rain gear (poncho, again lightweight)

Flashlight

Sunscreen

Sunglasses (some people may want hats as well)

Camera (plenty of film and batteries)

Earplugs & nasal strips

### **Team Leader will provide**

Water bottles (with filters) – for individuals

Bug Repellent (Deet 100%) – team bottles

Bug Antiseptic – team bottles

**Medical clothing** – Scrubs or similar apparel - 3 sets (We have some extras if needed)

### **Your additional Items list**