

## Packing List:

### Meds (prophylactic):

- ☐ Decongestant
- ☐ Cough suppressor
- ☐ Aloe/Lotion/spray/gel
- ☐ Anti-Fungal
- ☐ Cough Drops
- ☐ Epi pen (if you have or would need one)
- ☐ Inhaler (if you have or would need one)
- ☐ Antacid
- ☐ Diarrhea (pepto, Imodium)
- ☐ Benedryl
- ☐ Dramamine
- ☐ Tylenol
- ☐ Ibuprofen
- ☐ ASA
- ☐ Saline Nose Spray
- ☐ Hydrocortisone cream / anti-itch
- ☐ Triple antibiotic ointment
- ☐ Antiseptic wound cleaner
- ☐ Eye drop

## Supplies:

- ☐ Space bags
- ☐ Go bag/first aid kit
- ☐ Blanket
- ☐ Insect repellent (especially for Mosquitos) BIG can—I sprayed my room every night!!
- ☐ Bug/spider spray
- ☐ Bed bug spray
- ☐ Cover for mattress (Queen Bed)
- ☐ Queen sheets
- ☐ Sunscreen
- ☐ Tweezers
- ☐ Hats
- ☐ Plug in travel adapter
- ☐ Powerstrip (with USB ports if possible)
- ☐ Hand sanitizer
- ☐ Sunglasses
- ☐ Ace wrap
- ☐ Gloves
- ☐ Thermometer
- ☐ Scissors
- ☐ Safety pins

- ☐ Q-tips
- ☐ Portable chargers (if you want/need them)
- ☐ Travel pillow
- ☐ Ear buds
- ☐ Bed pillow(s)
- ☐ Charger cords (for phone, iPad, etc & portable chargers)
- ☐ Night light
- ☐ Airfreshener

**\*\*You don't HAVE to bring ALL of these things, but remember there are no Walgreens, CVS or Walmart in Yendi. You know what you would need yourself this is just a guideline. Also, previous trips we've brought pillows, sheets, towels that were cheaper and just left them behind. I also put all my clothes and stuff in Space Bags, it sucks everything down & then you can fit everything in the suitcases. Keep your stuff in the space bags while you're there, it keeps things out you might not want in your stuff!!!**

**\*\*\*If you have ANY questions please feel free to email, call or text any of us that have gone on previous trips. We'll be more than happy to help you out.\*\*\***