

# packing basics

Team members will be taking one carry-on bag and two suitcases each. They should plan on limiting their personal belongings to one carry-on bag measuring 22 x 15 x 8 inches and weighing 15LBS. Part of one suitcase (as small a part as possible!) may be used for items that are difficult to pack in a carry-on. The rest of the first suitcase and all of the second suitcase will be used for supplies and donations for various ministries which Little is Much Ministries of Maine supports. These include (but are not limited to) orphanages, churches, schools, and individual brothers and sisters in ministry. As soon as you have committed to joining a ministry team you should begin collecting donations to take with you. A list of current needs is available on the Little is Much Ministries of Maine website.

Team members **MUST** bring the following:

- Valid passport (not within 6 months of expiration) and another government-issue photo ID
- Fanny pack or small backpack to carry small items, water bottle and snacks
- Bible, journal and pens
- Over-the-counter medications - Tylenol, ibuprofen, or aspirin, Tums, Immodium AD and/or Pepto Bismol, Benedryl, Antibiotic ointment, band-aids, etc.
- Prescription medications, including anti-malaria pills - bring more than enough for the entire trip in the original container
- Feminine products
- Bug spray & sun block
- Hat (for sun protection)
- Necessary toiletries (shampoo, toothpaste, toothbrush, etc.)
- Liquid anti-bacterial soap for showering (soap for hand washing will be provided)
- Anti-bacterial hand wipes
- Hand sanitizer
- Sunglasses
- Earplugs (if you have difficulty with noise)
- Camera (optional) (Don't forget extra batteries , if needed)
- Flashlight and extra batteries
- Comfortable, close-toed shoes
- Flip flops for the shower and inside the house
- Some small food items in case of aversion to local food (granola bars, beef jerky, fruit snacks, protein bars, etc.)
- Spending money for snacks, souvenirs, special attractions, tips, and meals during sightseeing (this money should be in newer \$100 bills).
- Chapstick
- Rain jacket, warm clothing, and a fleece jacket or warm sweatshirt

Team members should NOT bring the following:

Hair driers/flat irons/curling iron

Favorite items (these may become ruined)

Heavy items such as books

Cigarettes or other tobacco products

Revealing clothing, camouflage clothing, short skirts or shorts

Weapons

Alcoholic beverages (and do not purchase any in Ethiopia)

Expensive or valuable jewelry, watches, or electronic equipment

Bad attitudes

Your own personal agenda - you will be expected to work as a team and share the priorities of the team.