



NEHEMIAH NETWORK

SHORT TERM MISSIONS OPPORTUNITIES

HEALTH CARE TEAM TRAVEL LIST:

LUGGAGE

Check with airline for number of pieces allowed
Tag and clearly mark each piece.
One carry-on piece
Don't take more than you can carry.
Keep in mind the items now restricted for carry-on. <http://www.tsa.gov/>

DOCUMENTS

Keep your tickets, passport and money on your person at all times. Do not pack in luggage!
Carry personal identification in case of accident or separation from group.
Make three copies of itinerary and passport. Leave one with your family and one with your office or a friend. Carry a copy with you separate from passport.

EATING AND SLEEPING ON PLANE

Eat lightly and sensibly at all times.
Time changes affect sleeping habits; try to adjust; even sleepless rest helps.
Relax and sleep on the plane as much as possible.
Drink lots of water and fluids on the plane.
Carry-on: Medicines, sweater, camera, Bible, permitted toiletries, change of clothing.

PACKING FOR YOURSELF

PACK LIGHT: Do not carry too much
Small notebook/pen, Bible
Camera
Small flashlight / Small umbrella
Travel alarm clock/Inexpensive watch
Necessary Medicine/Toiletries
Washcloth, hand towel and bath towel
Small sewing kit
Plastic bags for dirty clothes, etc.
Travel Iron/Several hangers
Small pocketknife (not carry-on)
Personal drink container with lid
Snacks: Granola bars, breakfast bars, trail mix, etc.
Money belt or pouch
Anti-bacterial towelettes or liquid in plastic bottle
Comfortable shoes/Flip-flops for shower
Light weight jacket / Rain wear
Cold water detergent (Woolite, small bottle)
Hat (for sun protection) / Sunscreen (highest SPF)
Pajamas/Robe

Undergarments and socks
Swim wear
Set of Twin Sheets

*Men:

Shirt (dress shirt & tie for church)
Work clothes (jeans/shorts)
Shaving supplies

*Ladies:

Dress or skirt/blouse (for church)
Slacks/Jean (for work)
Cosmetics: (Put in plastic bags. No aerosol cans.)
No short-shorts, tank tops or tight clothing
One piece bathing suit / Cover up

Medical Staff

Doctors, NP, PA

Stethoscope
Blood Pressure Cuff
Otoscope/Ophthalmoscope, etc.

Nurses

Stethoscope
Blood Pressure Cuff, etc

*Scrubs or Lab coat for healthcare persons

****ALL: 25 Plastic Shopping Bags – used for patients to carry their medicine home in**

Gifts for Children:

***Note: If luggage space and weight limits allow**

Individually wrapped hard candies/ Snickers
Coloring Books/Crayons
Wordless Books/Beaded Bracelets
Small stuffed Animals/Cars

Here are some things also to take with you that weigh nothing and are very useful. You will be glad you brought them:

- A sense of humor when you get uptight over situations and people
- A teachable attitude toward those you are working with
- A desire to learn from God, missionaries and nationals
- A flexible spirit when things don't go as planned
- A willing heart to do whatever you are asked to do