

Packing

Women: Pants, jeans and capri's are acceptable to wear around town and while working in villages. Some places it will be fine to wear knee-length shorts. Feel free to bring shorts for sleeping or relaxation time. Knee-length, or longer, skirts should be worn at all church meetings. Depending on how long you will spend here, bring two or three. Also, small head coverings are worn by the women, so bring light scarves or wide headbands (over two inches) to wear to church.

Men: Pants and jeans are acceptable to wear around town or when working in villages. Some places it will be fine to wear shorts. Feel free to bring shorts for sleeping and relaxation time. Slacks and casual dress shirts should be worn for church services.

Most people over pack for mission trips. Talk with people and share the burden. Not everyone needs one of every item. Over packing can be burdensome and clutter your room.

Packing List

*The number of items needed varies on the length of your trip and season you come.
Clothes can always be hand-washed in your sink or tub.*

GENERAL PACKING:

1. **A Book:** Don't pack those four books that you have been hoping to read. You won't have time to read them on your trip. Bring one in your carry-on to read on the airplane and during layovers as you travel.
2. **Passport** (Carry-on)
3. **Bible and/or devotional**
4. **Small battery operated travel alarm**
5. **Hair dryers, curling irons, travel irons etc.-** convertible to 220 volt from 120 volt or will work on a travel converter. Some travel converters will not work for electric items with heater elements. If you buy or borrow an electrical converter, be sure that it is adequate for what your intended use and read the instructions carefully. Along with the converter, you will need an adapter for Central Europe. The adapter can be use for those appliances that are convertible from 110V to 220V.
6. **Laptop-** You may have some opportunity to be on the internet, but not always. Bring at your own discretion. We recommend at least one laptop for the team, minimum.
7. **Adapter-** European 2 Round. These you can buy for about three dollars at a travel store. Also, you may need a special three pronged adapter for your computer. This can be bought at an electronic or computer store.
8. **Converter-** Check and double check all your electronics to see if they are dual voltage or need to be converted to 230volts. The voltage should be written on the package or the item itself.
9. **Walking/Athletic Shoes**
10. **Flip-flops**

11. **Casual Dress Shoes:** Don't pack a lot of shoes. One good pair of walking or athletic shoes for activities and travel, and one pair of universal, casual / dress shoes will be fine. Add shower shoes and the washable, sock type house slippers if you like.
12. **Travel poncho or umbrella**
13. **Four or five clothes hangers** that you won't take back.
14. **Washcloths** are not normally available in Europe except in expensive hotels that cater to the wealthy. If you need them, bring them.
15. **Towel-In** certain circumstances you may wish that you had brought one bath towel. If you are staying at the Ministry center, you will not need towels.
16. **Small Bug Spray**
17. **Small sewing kit** (Pack in checked bag).
18. **Small flash-light**
19. **Small travel calculator** for figuring money conversion.
20. **Fanny-pack or backpack** (not for valuables)
21. **Sunglasses**
22. **Extra batteries** for camera, tape recorder, etc. Do not forget the film, battery charger for video and digital camera, camera, camera strap, camera carrying case, etc. Most video cameras convert to 230 volt so all you need is the plug adapter.
23. **Breath mints, snacks** (be careful of those that melt in the summer heat)
24. **Journal**
25. **Contact lens care kit.** You can't just run out to a local Target or Walmart! We have none!

TOILETRIES:

1. **Personal size facial tissue (Kleenex) packages-** These will be handy for napkins, disposable handkerchiefs and toilet paper when not available (often).
2. **Handy wipes** (baby wipes)- a travel pack
3. **2 fl. oz. bottle of antibacterial hand sanitizer** should last two weeks.
4. **Prescription Meds-** Pack one and a half times your planned need. Pack medication only in your carry-on and only in current prescription bottle. Never pack in unmarked container.
5. **Over-the-counter medications-** Sunburn ointment, Band-Aids, Eyewash, Benadryl, motion sickness tablets, Pepto-Bismol, Imodium A-D, Tylenol / Tylenol PM, Allergy / Sinus medication, cough drops, Dramamine, etc.
Get your doctor to help you put together a medical kit for the team. He can include a couple good prescriptions for serious problems with nausea, diarrhea, etc. No need for everyone to bring a supply.
It is a good idea to have a extensive team medical kit for the entire group.
6. **Laundry soap-** Place in zip lock bag to protect your clothing. Liquid works best for hand washing, but only a small amount is needed.
7. **Bath soap**
8. **Shampoo**
9. **Hair conditioner**
10. **Face Wash**
11. **Hair spray**
12. **Comb/Brush**

13. **Sun-block** lotion (in season) Sun is intense in Moldova!
14. **Lotion**
Pack bottles of liquid in zip-lock baggies incase of leakage.
15. **Female sanitary items**
16. **Small hand held mirror**
17. **Toothbrush, toothpaste, floss, mouth wash.**
18. **Disposable razors, shaving cream, after-shave lotion.**
19. **Nail clippers, tweezers, small scissors.** Do not pack in carryon.
20. **Cotton balls, Q-tips.**

CLOTHING:

Clothing needs will vary to season. Spring and fall can be cool, so be prepared.

Underwear	Collared casual shirts
Long underwear (in winter)	Polo shirts
Handkerchiefs	Windbreaker/rain jacket
Socks for walking and dress, white and dark	Neck tie (only if preaching formally)
Appropriate head cover for snow & wind (in winter)	Dress shirt
Belts	Light sweater
Casual cotton pants	Blouses
Capri's	T-shirts
Jeans (loose fitting, for sightseeing and travel)	Skirts / Dresses(at least to knee)
Head-cover for church	Hats
Good winter coat (November through March)	Pajamas
Shorts (only for your room)	

~ Please – no tight fitting or revealing clothing.

-Piercings are out of the ordinary here. Men—leave them at home or at in the room; women—only the ears.