

# Practical Preparation

## Devotional Materials :

- 'Travel' Bible and devotional

## Identification papers :

- NRIC / Passport
- Driver's license
- Laminated List of all important phone numbers (*family, physician, employer, church, emergency contact*)

## Insurance Information

- Health / Life Insurance card or details (laminated)

## Clothing (3 or 4 changes of clothing at least)

- Proper hat with chin strap if possible
- 'Multi-pocketed' jacket
- Bandannas or handkerchiefs
- Waterproof jacket / coat
- Jeans or cargo pants
- Proper raincoat or poncho
- Shirts (*both for warm and cold weather*)
- Sleepwear (*because of group living arrangements, select sleepwear for modesty and comfort*)
- Good, comfortable pair of walking shoes or sneakers (*not a good idea to wear new 'untried' shoes*)
- Slippers or flip-flops
- Socks (two pairs/day)
- 'Lockable' Suitcase and duffel bag for 'daytrips'
- Underwear (*disposable if possible*)
- Work gloves

## Health, Safety and Hygiene

- Prescription medicine if any
- Nonprescription drugs
  - *Anti-Histamine (Allergies)*
  - *Antacids*
  - *Anti-diarrhea*
  - *Anti-fungal ointment/ spray*
  - *Panadol/Pain reliever*
  - *Foot powder*
  - *Insect spray/ repellent*
  - *Laxative*
  - *Antiseptic ointment*
  - *Band-Aids*
- Bar / liquid soap
- Chapstick / Lip Balm (*dry lips*)
- Comb / hair-brush
- Dental floss
- Deodorant if needed
- Hair gel / spray
- Laundry detergent
- Shaver – razor or battery operated. (*Avoid mains operated shavers*)
- Shampoo/conditioner
- Shaving cream
- Sun block (SPF 15+)
- Toothbrush
- Toothpaste
- Towels/wash cloths
- Feminine needs

## Food

- Any special dietary needs
- Snacks eg cup mee (*Optional*)
- Simple cooking set (*Optional*)

## Supplies and Equipment

- Battery Flashlight or lantern with spare batteries
- Watch or clock
- Good tough water container
- Sleeping bag,
- Tent (*optional, inquire first*)
- Zip-Lock plastic bags (*for waterproofing*)
- Normal plastic bags, Nail-clipper, Rubber-bands & a Swiss-knife
- Dead-End ties (*optional*)

## Other Items

- Emergency cash about \$200-\$300 or traveler's checks/Credit Card
- Stationery – paper, pens
- Notebook / Camera (*optional*)
- 'Sentimental item' to remind you of home eg family photo



WHAT DO I PACK?