

CJP Missions Packing List

Documents:

To be carried with you

- Passport/Visa
- Tickets
- Driver's License
- □ Credit Cards
- □ Travelers Checks
- Personal Checks
- □ Cash

Note: Photocopy the inside page of your passport, which includes photo and passport number. Keep it in your suitcase.

Medical:

- Anticipate your needs
- Some items are much more costly abroad
- □ Band-Aids
- □ Aspirin/Tylenol
- Prescriptions
- □ Sanitary needs
- Suntan lotion
- Diarrhea Medication
- □ Laxatives
- □ Eye Drops
- □ Alka Seltzer/Pepto Bismol
- Motion Sickness Medication
- Cold Capsules
- □ First Aid Cream
- □ Extra Pair Eyeglasses/Contact Lenses
- Lip Balm
- Anti-bacterial hand lotion

Note: All medications should be kept in a carry-on bag. Do not check through with other luggage.

Basic Travel Wardrobe:

This wardrobe is geared to the average 7 to 10 day mission

- □ Jeans/Khakis/Dockers
- □ Pullover
- □ Shorts/Tops
- □ Walking Shoes/Sneakers
- □ Skirt/Dress for Shabbat
- □ Swimsuit
- □ Hat for sun (NECESSITY)
- Travel Umbrella
- Sports Jacket
- Image: PJs and Nightgowns
- Parka/Blazer/Light Jacket
- □ Sweater/Sweatpants
- □ Bathrobe
- □ Jewelry (Bring very little)
- □ Rain Jacket/Folding Rain Poncho
- □ Undergarments
- Head covering (for religious sites scarf for women, Kipah for men)

Note: Layered clothing is recommended for comfort.

Small Carry-On Bag for Each Person

No sharp items (knitting needles, nail files, scissors)

- Medications
- □ Nosh/Gum/Hard Candy
- Tissues
- □ One change of clothing
- Reading Material
- □ Journal, pens
- Cell Phone
- □ Eye glasses

Note: Liquids or gels must be in bottles 3oz. or less, packed in a one quart-sized clear plastic zip top bag per passenger. More information at www.tsa.gov/311/index.shtm.

Toiletries

- Tissues
- □ Sun Screen (NECESSITY)
- Deodorant
- Comb and Brush
- □ Shampoo/Conditioner
- Pre-moistened towelettes
- □ Makeup/Moisturizer
- □ Talcum Powder
- □ Toothbrush/Toothpaste/Dental Floss
- **Q**-Tips
- □ Shaving Items

For Friends, Family & Hosts

- □ Easy to carry & pack gifts (do not wrap customs will unwrap)
- □ Souvenir of your hometown
- □ Paper goods guest towels, napkins
- □ Stickers or small toys
- Picture frames
- Books

Note: Last-minute shopping can be done at airport duty-free shops.

Additional Items

Miscellaneous

- □ Clothes Washing Liquid
- □ Sewing kit
- □ Snacks
- Mini Flashlight
- □ Travel Alarm Clock
- □ 220 Electrical Converter
- □ Camera/Memory Cards/Film/Batteries
- Empty Space in Suitcase, Folding Bag or Nylon Duffel Bag (for use for additional gifts/purchases)

Note: Memory Cards, film and batteries abroad are usually expensive. Bring plenty!!