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
- 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

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!!

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
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________