



Liberia packing list

Critical - - - - -

Passport (provide a copy of the passport and yellow card to your team leader) - put in a ziploc bag

Financial - - - - -

- Money belt (or necklace)
- Cash in newer \$20 bills or less, Bring at least \$150 depending on how much you want to spend on souvenirs and eating out or at the airports.
- No travelers checks
- One credit card - *not valid in Liberia*
- Bring zip lock bags and place your money in these.
- US currency is preferred in Liberia or you can exchange it there for Liberian dollars (LD')

Toiletries - - - - -

Hairbrush	Toothbrush / paste	Bath /face soap	Nail clippers
Shampoo	Wet wipes in a ziplock	Waterless hand soap	Hand mirror
Deodorant	Q-tips	Toilet paper	Feminine products

Medical - - - - -

Imodium AD	Malaria Pills	Cortaid cream	Neosporin
Eyecare products	Band-Aids	Chapstick	Aloe vera
Special Meds	Tylenol / Advil	Pepto-Bismol	Sun screen (45+)
		Bug repellent	Vitamins

Miscellaneous - - - - -

Glasses cleaner	Towels (2)	Bedding (sheets and pillow case)
Zip ties	Wash cloth (2)	Bible (not your good one, climate is rough)
Super glue	Pictures of family	Air freshener (aerosol or pump-type for bathroom)
Heavy string	Flashlight w/ extra batteries	Garbage bags with ties (dirty clothes & gifts)
Duct tape	Camera and equipment	Alarm Clock
Rope	Sharpies	Blindfold, earplugs, neck pillow (for plane sleeping & resting)
Pen / Pencil (Journal)	Umbrella	Plane reading materials & games (good for layovers as well)
Sunglasses	Tea lights	Snacks (plane & in country) jerky, dried fruit, granola, nuts, red vines

Clothing - - - - -

Bring three to four changes of clothing, cotton if possible or anything that breathes well such as rayon. Avoid military styles. Modest clothing is required for women. No underwear showing or midriff wear is allowed. You can spray your clothes with bug repellent.

Baseball cap or hat	Underwear (4 to 6 pairs)
Sandals or flip flops (for wearing to bathing)	Light night wear (2)
Shoes / Socks (no open toes)	Robe
Hiking boots	Clothes for church (pants / shorts, skirt / dresses, cotton shirts / t-shirts)

Conservative wear is critical and you will be asked to change your clothes if they are not appropriate.