

## ***Suggested Packing Items***

*In your carry-on bag/backpack for the flight to Nassau:*

- Passport and plane tickets (Only when you go through Immigration and before you board)
- Prescription medicines in original containers (in a zip lock bag)
- At least 1 change of clothing
- Medical Insurance card
- Personal Spending Money, not more than \$60 (small bills).
- Snacks for traveling and an **empty** water bottle for the flight
- Toiletries (less than 3oz in size) in a zip lock bag.
- Wet wipes, facial tissue, toilet tissues in a travel pack and hand sanitizer
- **Bible**, pen, notebook, **Acts 29 Bahamas journal**
- Camera (Disposal recommended, Digital if you are willing to lose it).
- NO electronic devices will be ALLOWED. (NO cell phones, I-Pods or games of any type)

*Basics:*

- Basic work clothes & shoes, work gloves, comfortable running shoes and sandals. Also please bring underwear and socks for 5 days.
- Sweater for chilly evenings or mornings.
- Bathing suit has to be 1 piece (or worn with shirt and shorts). Or a t piece with a dark tee shirt over it.
- Beach Towel
- One nice outfit (pants/dress shirts, skirts or nice pants)
- Toiletries such as soap, shampoo, makeup, washcloth, hygiene products, deodorant, tooth brush, tooth paste, sun block, bug spray and repellent
- Twin bed sheets /pillow cases & blanket OR sleeping bag
- Anti-diarrhea medication or laxatives, Aspirin, Band-Aids
- Garbage bags for dirty clothes
- Travel Alarm and a watch
- EARPLUGS
- Small Flashlight
- Detergent (optional)