



One ATTA Time Packing List

Required Travel Documents

A passport that is valid for a minimum of 6 months from the date of travel.

Medical Information

Bring any required medications.

The following information is based on CDC recommendations. Please consult your doctor for the specific medications and a vaccination plan that is right for you. Usual vaccines include:

- Hepatitis A
- Typhoid
- Tetanus

Antibiotics

Cipro (Ciprofloxacin) 500 mg Oral Tablet is a common antibiotic often prescribed by your doctor to be used on an “as needed basis”. The standard treatment consists of 3 days of antibiotics when treatment is initiated promptly. Imodium can reduce bowel movement frequency and enable you to resume activities while awaiting the effects of the antibiotics. You may want to take a supply of both with you.

Baggage

Check your airline website for complete information, restrictions and additional costs.

Transportation vehicles have minimal storage so it is important to pack lightly.

What to wear

Throughout our visit to any country, please try to avoid attracting attention that comes from clothes that have become acceptable in the USA, but are still considered revealing or inappropriate in our villages. If you have any questions at all about what might be appropriate attire in any given situation, feel free to ask.

As much as possible, bring nylon type clothing. They are cooler and easy to wash and dry in your shower.

Our typical dress during the workday is long pants or capris, t-shirts, socks, and closed-toe shoes. Shorts and sandals are not recommended when we are in the villages.

If we leave the hotel for dinner at night, shorts, t-shirts, and sandals are fine.

For going to church, it is important that we not distract from our host's worship. So, our advice is long pants and a nice shirt for men; and, for women, pants with a nice blouse or a dress.

Packing List

- Travel documents
- Medications/prescription medications
- Toiletries (travel size)
- Insect repellent and sunscreen
- Walking/hiking shoes, closed toe shoes
- Sandals/flip flops
- Socks and underwear
- Bathing suit
- PJ's
- Hat
- Weather appropriate clothing (consider local customs and modesty requirements)
- Fanny pack or small backpack to carry personal items while in country
- Refillable water bottle
- Journal and pen