

Czech Team Packing List - 2023

General Information

You will be allowed ONE checked bag (weighing less than 50 lbs.) and ONE carry on piece. For ease of travel, consider using backpacks and/or rolling suitcases. Also, sometimes luggage will get lost in transit. Save room in your carry-on bag for a change of clothes and some small toiletries. Pack your liquids in Ziplock in case they leak. When you arrive for Orientation, we will provide you with a ticket jacket containing your passport, copies of your passport, visa (if you need one), international insurance, and flight information.

Clothing

Bring clothing for a couple of weeks. You will be able to do laundry when you are in town; however, if you are away at a camp, you will need enough clothing for an entire week. Summers in CZ can be hot, or they can be very cool and rainy. The weather at camps at higher altitudes will be cooler. So pack spring/summer clothes. Layering is smart (think t-shirts, long-sleeve tee, and flannel or hoodie rather than heavy jacket. Consider a rain jacket. You will likely be spending a lot of time outdoors. PLEASE NOTE: Men and women may be housed in separate rooms in the same house. Bring a modest cover-up or be prepared to wear your jammies only in your bedroom.

Women

<i>Pants/Long Skirts/Swimwear</i>	Tops
You can wear anything here that you would wear in the US. HOWEVER, Czech women don't often dress in revealing clothes. We ask that you bring modestly cut skirts or shorts that will not detract from the message you're promoting. You'll want some shorts/capris/pants that are suitable for camp life as well as nicer city life.	You can wear anything here that you would wear in the US. PLEASE bring modestly cut shirts. You'll want lighter-weight shirts for hotter weather as well as a couple of long-sleeved tees and button-downs or hoodies for cooler weather.

Men

<i>Pants/Swimwear</i>	Tops
You can wear anything here that you would wear at home, within modest reason. Please bring shorts of modest length and pants/shorts without excessive or immodest holes or rips. You'll want clothes for camp as well as city life.	You can wear anything here that you would wear in the US. You'll want lighter-weight shirts for hotter weather as well as a couple of long-sleeved tees and button-downs or hoodies for cooler weather.

Underwear

Women, you'll probably want to bring some sports bras as well as regular ones. Guys, you will want underwear with some support; you will be doing a fair amount of walking. You may want Gold Bond or baby powder for chafing.

Shoes

Life here involves much more walking than typical life Stateside. You'll need sturdy walking shoes and/or sturdy sports sandals!! Wear flip-flops at your own risk. You will need a pair of slides to wear as indoor shoes both in the city and at camps. SHOES ARE NOT WORN IN LIVING AREAS OF HOUSES. Examples of indoor shoes are Crocs-style or Birkenstock-style shoes.

Do Not Bring

Please don't bring any clothing with questionable writing or pictures. Please don't bring clothing with overtly American symbols or messages.

Personal Spending Money

You do not need to exchange money before you leave the US. You will want an ATM card. Check the fees your bank charges to pull money overseas. The best exchange rate is from an ATM. Make sure you inform your bank/Credit Card company of your travel plans before you leave so your account won't be frozen or cancelled.

Gifts

Anything distinctly American—postcards from your hometown, keychains, magnets, candy or non-perishable foods unique to America, etc.

Other

- Passport
- Bible (digital) and Journal/Notebook
- Foldable shopping bag
- Rain jack or umbrella
- Money belt or pouch
- Photos of your family to share with your new friends. Be aware of modesty in photos.
- Cards, games, books, etc. for your international travel
- Watch/alarm clock
- Driver's license or other photo ID
- Student ID
- Flashlight or headlamp
- Emergency Contact Info
- Sunscreen (you will use this often)
- Study water bottle (to prevent plastic waste)
- Bug repellent
- Hard Candy
- A few protein bars (just in case you need it)
- Small backpack for day trips

Technology

- Outlet adaptors for laptops, e-readers, etc.
- PLEASE NOTE: if you bring a hair dryer, curling iron, electric razor, etc., make sure it is dual voltage! Otherwise you'll kill the motor.
- If you have a phone that can work in Europe or accept a European SIM card, it is not expensive to buy a SIM and credit.
- If you plan to use your own phone here, double-check your rates so you don't end up with a giant bill.
- PLEASE NOTE: to be able to work in Europe, your phone must be an unlocked dual-band GSM phone operating in the 900-1800 range
- It is possible to buy an inexpensive phone in Czech. Please let the field know in advance that you will need one.

Toiletries

- Soap, shampoo, condition, toothbrush, toothpaste, laundry detergent, feminine products, deodorant, etc. All of these are available here. You don't need to bring in bulk.
- Hand sanitizer or wet wipes (also available here)
- Toilet paper or travel size Kleenex packs (not all public restrooms will provide this)
- Razor/shaving cream

Meds

- Prescription Meds (in original container)
- Any OTC meds you typically use. Inhaler if you have asthma.
- Glasses/Contacts/Sunglasses
- Fiber pills
- Ibuprofen
- Acetaminophen
- Multivitamin/any other vitamins or supplements you need.
- Emergen-C/Airborne/preferred immunity booster

If you take prescription meds, bring a large enough supply to last your whole stay. Medical care and medications are available here, but the meds might not be exactly what you are accustomed to taking.

Recommended but not Required (ask your doctor)

- Ciprofloxacin for stomach issues
- Z-Pack
- Pepto

- Epi Pen if you are prone to allergic reactions

If you have any special health issues, please double-check with your doctor about meds