



CHANGE AGENT NETWORK, INC.

Breaking The Cycle Of Poverty Through Education

TRAVEL TO IMPACT LIBERIA – SUGGESTED PACKING LIST

Passport & Yellow card

Money: \$250-500 cash, in \$20 bills or less (1 USD=\$70 Liberian). US currency is accepted in most places, although we will change a small amount in Liberian dollars. Credit and debit cards and travelers' checks are not accepted.

Clothes: 3-4 changes of clothing that washes & dries easily, comfortable sturdy shoes such as tennis shoes, socks, sandals or flip flops, underwear, casual clothes/shorts to wear in the apartment, something to sleep in, a rain jacket and one nicer outfit for church. The clothes you bring will get dirty so please refrain from bringing very expensive items.

MUST HAVES ITEMS	ITEMS YOU MAY WANT	EXTRAS
Bug-spray (mosquito repellent)	Hat	Camera
Malaria medicine	Towels, washcloths (if you use them)	Extra batteries
Medication (currently taking)	Earplugs	Flavoring for bottled water
Hand sanitizer / wet wipes	Cards	Small roll of duct tape
Sunglasses	Neck pillow	Pictures of your family
Sunscreen	Books	Garbage bags for dirty bags
Toiletries	Eye mask (for the flight)	Ziploc bags
Body wash / small soap bar	Standard medicine & first aid	Snacks (will not melt on flight)
Adapter for appliances (220V)	Cipro / oral antibiotic	Inexpensive watch (nothing fancy)
Small flashlight	Imodium / Lomotil	Full size sheet/Blanket
Towel	Laundry detergent packets	Dry shampoo/soap
Light clothes (cheap ones)	Money belt/necklace for added safety	Oatmeal packs, granola bars
\$20 a day for lunch & dinner	Journal to record your experience	Instant coffee & creamer
Good attitude & humble spirit	Sports water bottle (clean water)	Pasta, canned food, mac-n-cheese (American food)
Tylenol/Advil	Gloves (if helping with construction work)	Umbrella/rain jacket
Add your own "Must Have"	Cooling towel	Antibiotic (Cipro)
	Anti-Diarrhea	Add your own "Extras"