

Ao1 INTERNATIONAL

What to bring list

SWEDEN..DENMARK..NORWAY 2010

PASSPORT: You must have a current, passport. It should be valid for at least six months of travel.

POCKET MONEY: The money that individuals have for their personal use. Ao1 recommends a minimum of \$60.00 per week. This amount can vary depending on the individual. Souvenirs can be costly and you may need to buy for a lot of people so gauge the amount on what you expect is needed. Exchanging cash is often a challenge. We recommend that you travel with a VISA debit card. ATM's are readily available and currency drawn is the national currency of the nation we are in. If you choose to take cash the Ao1 staff is available to hold money and give it out as needs arise. This protects the child from losing the money or spending it all the first week! Remember everything that is purchased has to be carried back home and you can only have one suitcase and one carry on.

LUGGAGE: Each team member will be allowed one suitcase and one carry on. The suitcase will not be larger than 20" x 30" x 10". If you follow "The What to Bring List" exactly, this size suitcase is large enough to carry everything you will need. (*You will be in a team uniform much of the time so a lot of personal clothing is not necessary.*) This includes your sleeping bag and air mattress. (*No loose sleeping gear will be checked as luggage*) Luggage, on an outreach like this, is a huge responsibility and job. So please be kind to the people who move the luggage for us! Checked luggage can weigh no more than 50 lbs. It will be inspected for size and weight. If it is too big or too heavy then re-packing will be required

TRAVEL SAFETY ADMINISTRATION: Travel requirements are strict but not a big deal if you will take time to travel wisely. Do not wear excess metal jewelry. ie; bracelets, ear rings, rings, necklaces, or metal buckled belts. Do not carry in your carry on any knives, scissors, finger nail clippers, nail files, tweezers or any type of cutting instrument. All lotions, toothpaste, makeup, or liquids that you want to take on the airplane with you must be 3oz. or less and put in a quart size, clear Ziploc bag. All medications need to be in their original bottle and put in a quart size Ziploc bag. Do not use hand lotion that contains Glycerin

THINGS TO BRING

Bible	Hair Dryer 220 volts	1 Pair, Denim Shorts *4
Notebook	Laundry bag	1 Church Outfit *5
Pen	Medication *2	2 Casual Outfits *1
Camera	Swimwear *3	1 Light Jacket/Sweater
Small Flashlight	7 Pair Underwear	2 Dance Practice Outfits
Water Bottle	7 Pair White Socks	International Costume
Toiletries	Small umbrella	1 Pr. Athletic Shoe *6
Bath Towel	Plastic Plate, Bowl, Cup	Sleeping Bag & air mattress
Travel Alarm Clock	Knife, spoon & fork	Picture ID and/or School ID
Hat/Sunscreen	Tea towel	1 Pair, Black Shorts
		2 small gifts

*1 **NSSS.** (No Skin Showing Standard) Ao1 has a no skin showing standard for all participants. The standard is, with both arms extended above your head, there will be no skin showing between your pants and shirt hem. This is non-negotiable standard.

*2 If you are on prescription drugs the staff needs to know and you need to insure that you have enough for the whole time. Aspirin and antihistamines and other over the counter drugs are okay. Ao1 maintains a full First Aid kit for minor cuts, scrapes etc.

*3 Modest Swimwear! No bikinis for the girls (tankinis are ok as long as the top part meets the bottom part) and no tiny Speedo style for guys!

*4 Washed denim & black shorts, no holes, loose fitting but not baggy. No crotches hanging down to the knees. You will be wearing these shorts to perform in so they should fit very comfortably.

*5 Girls will be required to wear skirts or nice pants to church and guys will be required to wear long pants.

*6 Athletic shoes should be in good shape. (No holes). Make sure that these shoes are broken in, as you will be wearing them to perform in.

Please mark all your clothes, towels, and washable bedding with your name or initials on the tags.

INTERNATIONAL COSTUME: Bring a costume that represents your ethnic background. Be creative! For instance, if you have a Native American background put together a costume that would represent that culture. Some American guys have worn baseball caps and shirts or football jerseys. Again be creative!

GIFTS: Please bring at least two small gifts that we, as a team, can give to those who host and serve us during the outreach. Colorado souvenirs are great! Wal Mart has a good selection.

NOT RECOMMENDED TO BRING

Discman or Mp3 players (they will be monitored)
Play station or any type of electronic games

DO NOT BRING

Knives
Lap top
Musical instruments (unless asked by Ao1 staff)
Cell phone