



## TRAVEL OUTFITTERS

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www.ILCTravelOutfitters.com



**[Packing Demo & Training videos • Go to our website](#)**

### Packing & Luggage

- MTC "Carry on"** Packing 45" (22" max)
- Large case for just the field** 62" (29" max)
- Middle sized case for "If Needs"** 62"(29" max)
- 2 wheels & PiggyBacking a MUST!
- Shoulder Bag (see other side)
- Plastic hangers ALL Hangup Shirts & Tops
- Packing cubes 4 to 5 (Dresser Drawers)
  - Undergarments
  - Workout clothes / PJ's
  - Socks / Waist down (sisters)
  - Baptism clothes / Temple Case- Bedding on backside
  - Waist up clothing (sisters)
  - Cold weather areas- gloves, scarves, hats
- Shoe Bags (4)
  - 2 pairs Mission shoes
  - Service shoes
  - Gym shoes
  - Slide style wet shoes
- Laundry bags
  - Hang up for outer clothing
  - Mesh hang up for garments
  - Zippered small mesh (socks)
- Towels
  - 2 Large Bath towels "Microfiber"
  - 2 Hand towels (one for bathroom and one for kitchen)
  - 2 Wash clothes or Sweat Clothes for wiping face
- Organizing Bags (6 to 9) (See other side)
- Hanging Toiletry Bag (See other side)

### Homework Assignments

- REVIEW clothing already owned
- Layout "3" packing areas
- 1- MTC 2- Mission field 3- "IF" needed at MTC
  - Budget- 3 equal areas
  - 1- Shoes, Insoles, socks
  - 2- Luggage and ALL supplies
  - 3- Clothing
  - Budget International- Bugs & water
- 1st-Divide by 4
- Preach My Gospel Class (Ask for Handout)

### Shoulder bag basics

- Waterproof Shoulder Bag
- Individual Scriptures
- Giveaway copies of Book of Mormon
- Pamphlets
- Pass along cards
- Marking device
- Note supplies
- Oil vial
- Squeezable Water Bottle

### Toiletries

- Hanging Toiletry Bag
- 2 toothbrushes
- Short toothbrush covers "2"
- Solid Anti-Perspirant
- Chafing stick
- Sisters make up
- Travel Bottles (TSA Approved)
- Hanging Soap holder
- Soap bar?

### Homework Assignments

- 3-1-1 rule understanding
- 7 day Bottle test
- Shampoo soap "Try it"
- Start living out of Toiletry bag for 14 days
- Toothpaste tablets

### Travel Gear

- Travel Alarm & Batteries "AA or AAA"
- Sewing kit
- Umbrella
- TSA locks
- Luggage Tags
- 1st aid kit
- Foot care supplies
- Plastic Hangers (Flat design most efficient)
- Clothing Marker
- Travel Temple case OR Baptism case
- Travel pillow (optional)
- Durable electric adapter plug

### Travel & International Knowledge

- Water Protection (see handout "Water")
  - Pre-Filter
  - Filtered Water Bottle (2)
  - Extra filters 1 or 2?
  - Steripen (do you wear contacts?)
  - Iodine tablets
- Mosquito, Flies & Bed Bugs (see handout "Bugs" & "Clothing")
  - Pretreatment of Clothing Permethrin 10% per International specs
  - Dry weather protection
    - Deet Lotion 30% (up to 11 hrs)
    - Deet Spray 98%
    - Picaridin Lotion 20% (up to 14 hours)
    - Picaridin Spray 20%
  - Wet Weather protection
    - Natural repellent
  - Bed Bugs Protection
    - Permethrin spray .5%
    - Natural product
- Sun, Skin & Teeth (see Handout "Sun & Humidity")
  - SPF 30 Sunscreen
  - SPF30 Face Stick
  - Aloe
  - Hand Sanitizer (tea tree, peppermint, Aloe)
  - Soap on the go
  - Travelers formula Lotion
  - Tooth brush in day bag
  - Toothpaste tablets

### Homework Assignments

- Study small town stores & try out the cooking,
- Take recipes to handout
- Study Bug densities in YOUR area (look at altitude)