

2023 Refugee Trip Packing List- *Revised*

WHAT TO BRING

- Adapter and converter for electrical items
 - In this country the **power sockets** are of type C, D, F, G and J. The standard voltage is 230 V and the standard frequency is 50 Hz.
- Flat top sheet - if you prefer to sleep between sheets (bedding is supplied)
- Heavy Jacket
- Gloves
- Hat
- Toiletries
- Towel/wash cloth
- Hand Sanitizer
- Bible, notebook/paper, pens
- Water bottle: **Do not drink the tap water**
- Snacks
- Prescription medications
- Medical equipment (*stethoscope, otoscope, blood pressure machine & cuff, pulsox, ect.*)
- Copy of medical licensure
- N95 Mask/ Mask for Travel
- Waterproof/ hiking boots (Winter boots)

The items listed below are suggested, but if you forget something it can usually be found in the local shops.

- Ear plugs
- Flashlight (headlamp)
- Granola/ protein bars
- **Coffee**

Other things you may consider bringing:

Pepto-Bismol or Imodium (tablets preferable to liquid)

Tylenol or Ibuprofen (**whatever you are used to taking**)

Sinus medicine for changes in climate

Band-Aids

WHAT TO WEAR

Films and television generally portray westerners as being of lower moral character. Dressing too casually, showing lots of skin and displaying trendy clothing or hairstyles can reinforce this image.

We ask you to follow these guidelines while throughout your stay in the city.

- No clothing advertising alcohol, tobacco, secular music, etc

- You want to be sure to bring shoes that are easy to get on and off. Shoes are always removed in Syrian refugee homes.
- ***It is culturally inappropriate to expose the soles of feet*** - it is a bit tricky to cover them since you will be sitting on floor mats.
- Shorts, gym and workout attire, pajamas or revealing clothing may never be worn when outside your hotel room
- Shoes or sandals must always be worn.
- Scrubs are appropriate when doing clinics (***we recommend scrubs for everyone on the trip***)
- Tattoos **must** be covered.

It will be winter in country when we are on this trip. Plan and pack accordingly!

The rules for men are fewer and less restrictive.

- Men should wear long pants. Jeans, khakis and slacks are okay.
- Men with long or "afro" styles must keep hair covered - neatly wrapped or tied back.

The rules for women are very conservative.

- Women must wear long, loose fitting blouses and tops with long sleeves.
- Jeans are acceptable.
- Scrubs are acceptable
- Leggings should not be worn except under dresses or long tunic tops.
- Tight or low-cut clothing and sleeveless tops are unacceptable.
- Midriffs should never be seen and backsides always covered.