

# Refugee Trip Packing List

## WHAT TO BRING

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There is a washer in both the men and women's wing; feel free to pack light - we really do not mind seeing you in the same outfit frequently!

- 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 (pillow, pillow case, fitted sheet, duvet in winter and a light spread in summer are all provided)
- Sun glasses
- For ladies: a fashion scarf that can be worn around the neck and cover your hair while in the home of refugees and other appropriate locations
- Heavy Jacket
- Toiletries
- Towel/wash cloth
- Shower shoes
- Hand Sanitizer
- Bible, notebook/paper, pens
- Wide mouth water bottle: *there are filtered water coolers throughout the building; you are welcome to keep your container filled. **Do not drink the tap water***
- Snacks

The items listed below are suggested, but if you forget something it can usually be found in the local shops. However, before you go off to purchase items such as towels or shampoo, it is likely that we have "extras" ... just ask!

- Ear plugs
- Flashlight
- **Coffee:** Tea, Nescafe, Coffemate and Turkish coffee are supplied. The Guest House has a coffee pot and a French press, but does not supply American 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

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## WHAT TO WEAR

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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.

You are required to follow these guidelines while living in the guest house and 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. You may want to carry an extra scarf for cover or wear socks.
- Shorts, gym and workout attire, pajamas or revealing clothing may never be worn in any area of the church building, including the roof.
- Shoes or sandals must always be worn.

It will be winter in country when we are on this trip. While not truly cold, it will be quite chilly. Plan and pack accordingly!

***The rules for men*** are fewer and less restrictive.

- Men should wear long pants. Jeans, khakis and slacks are okay.
- If teaching or going to church, men should dress more professionally.
- Shorts for men are acceptable in places frequented by tourists, such as hotels and attractions.
- Men with long or "afro" styles must keep hair covered - neatly wrapped or tied back.
- Tattoos **must** be covered.

***The rules for women*** are very conservative.

- Women must wear long, loose fitting blouses and tops with long sleeves **to the wrist** throughout the church building and in the city. **Your wrists must always be covered!**
- Long skirts or dresses are acceptable as well as loose slacks. **Your ankles must always be covered!**
- Jeans are acceptable, only with long tunic type tops.
- 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.
- Women can wear shorts in the privacy of the women's dormitory only.
- Scarves that cover the neck are attractive and should be worn in refugee homes and on the street.
- **Head coverings are not required but will be used as a sign of respect in the homes of the refugees.**
- Tattoos **must** be covered.