

## **Things You Should Bring.**

Your Bible

Antimalaria Medication - If suggested by your Doc. Many of us no longer do this. It's a personal preference.

Cipro - Absolutely if you can get a prescription from your Doc. It fixed you up in a day.

Personal Water Bottle - Take care of this and DO NOT let the mouthpiece get dirty.

Fanny Pack or belt wallet

Heavy Duty Sun Screen - Like a shirt

Broad Brimmed Hat

Work Gloves – suitable for heavy construction work

Bathing Suit – modest (No 2-piece)

Sun Glasses

Toilet Articles

Bag for dirty laundry

Personal Medications - Keep in your carry on

Benadryl

Ear Plugs - help keep out night time noises