

Packing List for Your Mission Trip

Medicine/Optional Medicines:

Personal Prescriptions (in original containers)

Allergy medicine
Ibuprofen/Tylenol
Imodium AD/Pepto-Bismol/Tums
Motion sickness medicine

Items you don't want to forget:

PASSPORT – *can't travel without it!*

Water Bottle – very essential!

Alarm Clock
Bath towel and washcloth
Backpack/small bag
Bandannas, hat, or scarves
Extra trash bag for dirty clothes
Bible, Devotional & Notebook
Bug spray w/ Deet
Hand sanitizer/wet wipes
Earplugs for light sleepers
Small flashlight
Sandals (for morning/night/shower)
Sunglasses
Sunscreen
Toiletries
Working/walking shoes
Extra batteries for camera

Food & Supplies (keep in Ziploc bags):

Fruit in cans or plastic cups
Granola/breakfast/power/protein bars
Snacks (nothing that will spoil)
Powder Gatorade/Crystal light/Propel sticks

Money: Money you bring will be used for meals in airport down & back, CV market shopping, etc.

Cash only please - \$100 is average
Bring extra \$1 bills for sodas campus for meal time in the evening
Market Shopping – Bring bigger bills for souvenirs (\$5s-10s-\$20s, please)

Men's Clothing:

Church Attire – collard shirt /kaki pants
Comfortable walking shoes (not new)
Shower shoes / flip-flops
Work Jeans
Shorts*
Sweatshirt for night time
Work clothes
Underwear
Swimming trunks
Raincoat / poncho / umbrella

Women's Clothing:

Church Attire – long skirts and modest tops
Comfortable walking shoes (not new)
Shower shoes / flip-flops
Work Jeans or Shorts/Capris* (knee length)
Sweatshirt for night time
Work clothes
Underwear
Bathing suit (one piece or tankini, please)
Raincoat / poncho / umbrella

*Due to cultural considerations **ALL** shorts (male & female) must be knee length.

*No tank tops, midriffs, spaghetti strap shirts OR leggings/spandex of any kind.

Please keep safety & modesty in mind as you pack for the trip.

***Leave at home:** hair dryers, curling irons, straightener, designer clothes, expensive jewelry.

Cell phones & iPod's – limited use, please!

**If you desire to pack donation items, contact your trip leader for a list of needs.*