



MISSION TRIPS-PACKING LIST

Packing lightly is a must. There may be laundry service at the hotel but there is an additional small fee.

You can take a small carry-on and 1 personal item (backpack or purse) for personal belongings. The following packing list should be viewed as a guideline only; please adjust the packing list as required. Weight limit is 50lbs. You can take additional checked luggage for a fee.

- Comfortable and cool t-shirts
- Long pants and skirts (for church)
- Lightweight long sleeved shirts
- Comfortable tennis shoes that you don't mind getting muddy (2 pair)
- Flip flops/shower shoes
- Socks
- Hat- bring extras
- A light jacket in case it gets chilly at night
- Swimsuit (one-piece for ladies)
- Toiletries:
 - Deodorant
 - Toothbrush/Toothpaste
 - Body Wash
 - Shampoo
 - Eyeglasses/Contact Solution/Contact Case (if necessary)
 - Personal Razor/Shaving Cream (if necessary)
 - Hand Sanitizer/Wipes
 - Wash Cloth
- Insect repellent with Deet (preferably lotion)
- Basic first aid (band aids, antiseptic ointment, Tylenol, etc.)
- Poncho or umbrella
- Earplugs
- Sunscreen
- Snacks
- Bible
- Journal and pen
- iPod or MP3 player (if you don't mind the risk)
- Camera (if you don't mind the risk)and extra batteries
- Flashlight
- Necessary medications (original prescription bottles required)
- A good book or magazine
- Power converter
- Cell Phone (if you must, set up international plan for usage)
- Work gloves
- Refillable water bottle
- Bring EvangeCube and HopeCube if you have them

These personal items should be packed in your carry-on backpack or small duffel. TSA requirements limit liquids to no greater than three ounces, all of which fit into one quart size Zip-lock storage bag.

