

MISSION TRIP PACKING LIST

PERSONAL ITEMS

- PASSPORT
- camera
- toothbrush, toothpaste & floss
- razor & shaving cream
- sun screen, sunglasses, hat
- extra pair of prescription glasses or contact lens if necessary
- deodorant
- soap, shampoo, and antibacterial hand soap
- feminine hygiene items
- comb, brush
- medicines: antibiotics, vitamins, aspirin, allergy tabs, diarrhea medicine, ointments, band aids, etc. Make sure all prescriptions are in the original prescription bottles with your name on them.
- journal & pens
- small flashlight in case you need to get out of bed at night
- Snacks, munchies, chocolate
- spending money - \$150 should be plenty to buy some gifts to bring home - travelers checks are NOT recommended. Credit cards are accepted in most places we go
- bug spray

CLOTHING

- raincoat, poncho
- work gloves (depends on the teams decision to do outside work)
- work clothes - light cotton is best, work sneakers (depends on the teams decision to do outside work) Bring something you aren't worried about getting dirty or paint on.
- one set of dress clothes & shoes (suitable for attending church and restaurant)
- shorts (they should be modest, not too short or too tight)
- light summer clothing is a must. Expect it to be HOT. All clothes should be conservative, sleeveless shirts, low cut necklines, micro-shorts, sophies, see-thru clothing, etc. are NOT ACCEPTABLE. Especially when we go off site.
- handkerchiefs or headband are handy for keeping the sweat off
- underclothes (one for each day you are there plus 2 extra)
- bed clothes & robe
- walking shoes (sneakers)
- shower sandals, flip-flops
- light blanket (you may find it is cool at night w/ the A/C on)
- laundry bag (there is no laundry service so bring something to keep your dirty clothes in)

PACKING

- Duffle bags are the best way to pack. Army Surplus-type stores sell them for \$20. 25" x 42"
- You are allowed one carry-on and one personal bag (pocketbook, laptop, backpack)

TRAVEL TIPS, SAFETY, and RULES

- Adhere to airport rules for what not to bring: knives, guns, etc.
- Dress light when traveling - be prepared to remove shoes and metal objects at all check points
- Do not discuss terrorism, weapons, explosives or other threats while at the airport. Do not joke about having a bomb or firearm
- Keep close watch of all carry-on luggage , passports, tickets and boarding passes
- Leave valuable jewelry at home - buy an inexpensive watch if necessary
- Two check-in pieces of luggage 62 inches and 50lbs ea.

- One carry-on at 45inches and 40lbs plus one personal item (purses, briefcase, laptop, camera case) (subject to change, check ticket)
- Zip lock baggies are great for any liquids that may open accidentally
- Tag all your luggage - outside and inside (name & address in in US w/ phone - destination name & address phone number
- From the time we arrive at the church to the time we arrive at the home - ITS ALL BUSINESS. You are representing the U.S.A., and our church. You are an ambassador.
- We travel as a TEAM - never alone
- Passports - It's best to have the team leader hold all passports and tickets -
- Buddy system - tell team leader if you need to go somewhere
- Health - any dizziness or sick feelings must immediately be reported to the team nurse - ITS MANDATORY

**DON'T FORGET YOUR PASSPORT - MAKE (2) COPIES.
BRING (1) WITH YOU AND LEAVE (1) AT HOME.**