



CRITICAL ITEMS

- ☐ Passport - consider a holder that allows you to keep it on your person
- ☐ High quality copy of your passport picture page somewhere in your carry-on bag that is separate from your passport
- ☐ Airline Itinerary
- ☐ Spending Money (*new bills & small increments*)
- ☐ Personal Medications

**THIS IS A
GENERAL LIST.
SOME ITEMS MAY
NOT APPLY AND
OTHERS MIGHT
BE NEEDED.**

CLOTHES & ACCESSORIES

- | | |
|---|--|
| <input type="checkbox"/> Dress Clothes | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Work Clothes | <input type="checkbox"/> Bug Repellent |
| <input type="checkbox"/> Casual Clothes | <input type="checkbox"/> Flashlight (with NEW batteries) |
| <input type="checkbox"/> Casual Shoes | <input type="checkbox"/> Hand Sanitizer |
| <input type="checkbox"/> Work Shoes | <input type="checkbox"/> Anti-bacterial Wipes |
| <input type="checkbox"/> Flip Flops | <input type="checkbox"/> Work Gloves |
| <input type="checkbox"/> Bathing Suit (modest) | <input type="checkbox"/> Back Pack |
| <input type="checkbox"/> Personal Supplies/Toiletries | <input type="checkbox"/> Reusable Water Bottle |
| <input type="checkbox"/> Feminine Products | <input type="checkbox"/> Toilet Paper x2 |
| <input type="checkbox"/> Cosmetics | <input type="checkbox"/> Snacks |
| <input type="checkbox"/> Towel/Washcloth | <input type="checkbox"/> Garbage Bags x2 |
| <input type="checkbox"/> Hairbrush/Comb | <input type="checkbox"/> Small Packet of Laundry Soap |
| <input type="checkbox"/> Hat | <input type="checkbox"/> Hangers/Rope (<i>hanging clothes</i>) |
| <input type="checkbox"/> Jacket/Raincoat | <input type="checkbox"/> Anti-diarrheal Medicine |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Antibiotics (<i>see your doctor</i>) |

SUGGESTED ITEMS

- | | |
|---|---|
| <input type="checkbox"/> Adapter/Converter | <input type="checkbox"/> Bible |
| <input type="checkbox"/> Cell Phone & Charger | <input type="checkbox"/> Notebook/Journal & Pen |
| <input type="checkbox"/> Ear Plugs (for light sleepers) | <input type="checkbox"/> Team Member Handbook |
| <input type="checkbox"/> First Aid Supplies | <input type="checkbox"/> Set of clothes in carry-on |
| | <input type="checkbox"/> Pillow case/Sheets/Blanket |



PACKING LIKE A PRO

HELPFUL TIPS FOR PACKING SUCCESSFULLY

- Make a list, and check it twice.
- Don't pack too much.
- Weigh your bag to avoid fees.
- Talk to people who have traveled before on mission trips to find out what they took that was helpful for their trip.
- Check the weather forecast so that you can pack appropriately.
- Keep all your valuables on your person at ALL TIMES.
- Always pack two days worth of clothes in your carry-on in case your luggage is lost or delayed.
- If you are on medication, take more than what you think you will need. Carry all medication in your carry-on bag in the original bottles.
- Don't pack anything that you would feel bad if it were lost, stolen, or damaged.
- Take items that you can leave with people at the end of your trip.
- Take laundry soap and rope or a hanger to do laundry on the trip.
- Coordinate with other team members so that you can share on the trip instead of taking duplicate items.
- Buy a bottle of water in the airport, after security, before you leave the United States to use for brushing your teeth the first night you are on your mission site.
- Pack a few high protein snacks in your carry-on and store in zip lock bags.
- Plan how you will take home souvenirs that you purchase on the trip, such as using a foldable duffel bag.
- Take durable shoes that will handle water and rain. Shoes worn on the work site will probably get ruined. Break in new shoes before the trip, especially new work boots. Blisters are not a pleasant experience, and they don't make for the best of moods.