

PACKING LIST, 2015

Each person is limited to one duffel bag or luggage item—**total weight limit is 50 pounds including bedding** (sleeping bag or blankets, sheets and/or air mattress, whatever is needed for your specific mission). A carry on is recommended for camera and personal items. **If your luggage exceeds the weight limit, you may ask other team members if they have extra room or you will be asked to cover the extra cost.**

Please Bring:

Suggested Clothing (See clothing policy):

- Appropriate clothing for your mission activities
- Sturdy shoes
- A hat and/or bandana to protect your face and neck from the sun
- Appropriate clothing to change into at the end of the workday - you'll want to be comfortable
- Enough socks, pajamas and underwear for the length of your trip
- A poncho or raincoat

Suggested Items:

- Bible and notebook/pen
- Camera
- Hand wipes
- Hand sanitizer
- Bug spray (w/ deet recommended)
- SPF
- Sunglasses
- Snacks
- Water bottle
- Pictures of family (this is a great way to bond with the nationals – show them your family – not a picture of your house)
- Personal hygiene items

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- Games/activities to play with children (example: nail polish, thread for friendship bracelets, etc.)
- Small flashlight
- Linens & towels (check with your leader to see what is needed for your specific mission)
- Small first aid kit (your leader will have one as well)
- Toilet paper
- Grocery bags or Ziploc bags – to organize and pack items
- Book

The following items should be carried on your person while traveling and kept safe throughout trip. They need to be easily available upon arrival for immediate use:

- Passport
- Visa money (your leader will pass out before entering customs)
- Personal spending money
- Labeled medications

Please Don't Bring:

- Valuables, jewelry, expensive clothing
- Offensive items
- Please use your discretion and do not bring the obvious (i.e. knives, guns, etc.)

MOST IMPORTANT: FLEXIBILITY. Travelling and serving in a new culture is incredibly rewarding, but occasionally plans can change at the last minute. Expect the unexpected, and know that not everything has to go according to plan for the trip to be worthwhile, both for you and those you are working alongside. Now you're ready to go! Enjoy your trip, and be ready for a great adventure!