

MISSION TRIP PACKING LIST

- **SERVANT'S HEART**
- toothbrush & paste & floss
- razor & shaving cream
- sunburn remedies & sunscreen (very important) & sunglasses
- for those who wear glasses, bring an extra pair
- small pillow
- towels, washcloths & detergent
- deodorant (please!)
- towelette packets (baby wipes)
- soap & shampoo
- toilet paper (2 rolls wrapped in duck tape – top open)
- feminine hygiene items
- comb & brush
- medicines: antibiotics, vitamins, aspirin, allergy tabs, diarrhea medicine, antibacterial ointments, Band-aids, etc.
- clothesline & clothespins
- flashlight & extra batteries
- bottle/canteen for water (relatively large & sealable) – Water is a MUST!!
- Bible & journal & pens & Team Notebook
- personal snacks (10 day stash)
- spending money
- camera (cheap) with extra film & batteries
- simple gifts
- passport (team leaders will keep these)
- mosquito repellent
- poncho
- sweat band & hat
- work gloves (leather)
- work clothes – light cotton best in hot weather (long pants)
- one or two sets of dress up clothes
- long sleeve shirts
- shorts (modest) and loose fitting shirts/blouses
- underclothes
- bedclothes & robe
- walking shoes/work shoes
- shower slippers
- 2 team mission shirts & black pants
- swim suit
- continuous prayer
- exceptional attitude
- prayer partners
- hangers
- plastic freezer bags
- hanging bag for dirty clothes (optional)
- photos of family, home, school, city (Optional)

- 1. *Pack light.*** Chances are you will have to carry what *you* pack!
- 2.** Tightly secure any items that may come open while traveling – freezer bags recommended! Many a team member has had to wear clothing with the fragrant smell of Pepto Bismol or shampoo.
- 3.** Borrow what you can. No sense in making a big investment in shoes and clothing you may only wear on this trip.
- 4.** Break new shoes in *before* the trip... especially new work boots. Blisters are not a pleasant experience, and they don't make for the best of moods!
- 5.** Take luggage you don't mind damaging. Old duffel bags are probably the best.
- 6.** Carry one change of clothes with you if traveling by plane. Sometimes luggage gets lost and/or delayed. One of the authors failed to heed this advice and lived to regret it when luggage failed to arrive for a two-week trip to Haiti.
- 7.** Find out if laundry facilities are available. If so, you won't have to take as much clothing.
- 8.** Take items you won't mind leaving if you see a need. Certain items are very expensive overseas and unaffordable to the people you may be working with.
- 9.** Leave room for souvenirs; otherwise you may be sacrificing your new Reeboks for a wooden statue.
- 10.** Pack more than enough film and batteries. These are costly in most places and may be difficult to find in a remote locale.