

# Missions Packing List

This is a basic guide for how you should pack for a mission trip. Below is a list of all the recommended items you should bring with you.

## #1: \*\*PASSPORT\*\*

You must have a passport with you to check in at the airport. Please double, triple, and quadruple-check you have your passport with you before you leave.

## Footwear

- 1 - Athletic/comfortable shoes for the day
  - a - Please bring something you are okay working in and getting dirty. We do service projects on every mission trip.
- 2 - FOR GUYS: Nicer closed-toe shoes for church
  - a - Churches tend to be more formal, and we desire to respect the culture we are entering.
- 3 - FOR GIRLS: Nicer shoes
  - a - We recommend that you bring one or two pairs of nice shoes for church services. One open-toed, nicer sandal and one closed-toe shoe.
- 4 - Shower shoes
- 5 - Flip-flops or sandals
  - a - For casual wear or for a beach excursion if applicable.
- 6 - Don't forget socks! Bring enough socks to change into another pair during the day if needed.

## Shirts

- 1 - T-shirts for the day: We do multiple service projects where you will potentially get dirty and sweaty. The recommended number of shirts is two shirts per day.
- 2 - FOR GUYS: Nice shirt with collar for church. Could be a nice dress shirt or a button-up.
- 3 - FOR GIRLS: Nice shirt with "sleeves" for church (NO TANK TOPS). Dresses can also be worn if your shoulders are covered, and they are below the knee.

## Shorts/Pants

- 1 - Shorts that can get dirty during the day (again, we recommend a lot since it could be hot).
- 2 - FOR GUYS: Long pants appropriate for church
- 3 - FOR GIRLS: Longer Pants/Skirts/Dresses for church. They must be long and below the knee, and your shoulders should be covered.

## Extra Clothing Items

- 1 - Swimsuit: One piece for women
- 2 - Undergarments (underwear and bras): Recommended that you bring at least two per day, especially in hotter climates.
- 3 - Pajamas

## Miscellaneous

- 1 - Sunscreen: Recommended that you bring anything above 15 SPF
- 2 - Bug Spray
- 3 - Toothbrush/Toothpaste
- 4 - Deodorant
- 5 - Dryer Sheets
- 6 - Refillable water bottle
- 7 - Sunglasses
- 8 - Hats
- 9 - Notebook/Journal and pens/pencils to take notes
- 10 - Bible
- 11 - Sheets (single bed size)
- 12 - Bath Towels
- 13 - Beach Towel
- 14 - Toiletries: Body wash, shampoo, conditioner, wash cloth
- 15 - Hair ties/hairbrush/ hair styling items
- 16 - Chargers for your phone
- 17 - PERSONAL MEDICATIONS

## Optional (Recommended Extra Items)

- 1 - Fan
- 2 - Mosquito Net
- 3 - Head Lamp/Flashlight
- 4 - Backpack
- 5 - Immune Boosters/Vitamins
- 6 - Spending Cash (for food in the airports, souvenirs, etc.)
- 7 - Snacks

