**How to Pack for a Mission Trip**

Space is normally at a premium on mission trips, both in terms of packing the vans and in terms of where we will be setting up shop for the week. Pack smart. Use one big duffle bag/suitcase for the majority of your stuff. If you can even fit your sleeping bag inside it, go for it! Place essentials into a small duffle or backpack that can travel with you on the van and from day to day. You may want to leave your pillow out for the van ride as well…but don’t forget it! This is what you need for the trip:

**Clothing & Accessories:**

❏ T-shirts (NO Tank-tops, spaghetti straps, or muscle shirts (for guys and girls, leaders and students)

❏ Shorts (These must be modest in length)

❏ Jean and/or long pants (everyone needs to bring at least 1 pair)

❏ Pajamas

❏ Closed-toe shoes for the worksites.

❏ Socks- bring extra!

❏ Undergarments

❏ Hat and/or Bandana

❏ Flip flops for around the housing site and showers, but NOT at the worksites

❏ Sweatshirt/sweater (for in the evenings) - optional

❏ Swimming suit ***(A modest swimsuit, i.e. tankini or one piece is required.)***

**Toiletries:**

❏ DEODORANT

❏ Shampoo

❏ Soap/body wash

❏ Towel

❏ Toothbrush/toothpaste

❏ Other personal hygiene items

**Miscellaneous:**

❏ Any necessary medications in original containers labeled with dosage instructions

❏ Bible

❏ Journal/notebook with pen/pencil(s)

❏ Spending money- cash for meals while traveling or nights out

❏ Sunglasses

❏ Beach towel for swimming

❏ Refillable/reusable water bottle

❏ Sleeping bag or sheets and blanket. (Everyone will sleep on a mattress)

❏ Pillow

❏ Bug spray

❏ Sunscreen

❏ Rain gear (jacket or poncho)

❏ A pair of work gloves

❏ Large plastic bags for dirty laundry

**Leave at Home:**

❏ Cell phones & other electronic devices

❏ Expensive personal items

❏ Drugs, alcohol, tobacco products, fireworks, firearms, knives, and weapons of any kind - No Exceptions!

❏ Nice clothes