

USA Packing List

Keep in mind everything needs to fit in a carry on suitcase and small backpack!

- Picture ID and insurance card, plus 2 photocopies of each (Be certain to keep them in separate places)
- small backpack or purse (cross body purse recommended)
- phone and chargers
- journal/pen and Bible
- personal hygiene items
- knee length or longer skirts or dresses for women; light cotton pants or dress pants for women and men for church or other more formal visits
- blouses or button up dress shirts appropriate with pants or long skirts
- one pair of dress shoes
- modest bermuda length shorts and tshirts that can get dirty and wet for our outreach days (non-jean capris are recommended)
- comfortable walking shoes
- flip flops for the shower
- modest bathing suit (one piece for women, shirt and shorts for men)
- undergarments
- washcloth and towel
- work clothes and work shoes (can be tennis shoes, will get dirty/wet)
- clothes to sleep in (keep in mind we will be in a common room)
- hat, bandana and/or neck coolers
- sunscreen
- sunglasses
- insect repellent with Deet (eg: Muskol)
- Immodium or Pepto Bismol (Team will have a first aid kit)
- Water bottle with carabiner and your name on it
- personal medications, including things like antihistamine or aspirin, ASA, acetaminophen, ibuprofen (keep them in the bottle with the label)
- toilet paper or Kleenex
- handi wipes & hand sanitizer
- tide to-go stick or single packet laundry soap
- small packs of snack food (granola bars, licorice, nuts, etc.)
- luggage tags on all suitcases and bags
- Do NOT take mini skirts, halter tops, tight clothing, short shorts (shorter than bermuda length) army fatigues, expensive jewelry, gold chains, expensive watches, expensive electronics, cigarettes, or alcohol.
- We suggest a very light water repellent jacket (nylon shell)
- Thank you letters for home openers, missionaries, hosts, and team leaders
- Community outreach supplies (craft, snacks, prizes etc.)
- Your testimony, written down

All of our trips collect the following supplies: (we may or may not use them on your trip and these are *optional* to donate, unless otherwise communicated)

Toilet paper rolls

Small, non-chocolate candies

Crayons

Small scissors

Glue sticks

Deflated soccer balls and pumps

Cases of bottled waters

Construction Paper

Backpacks

Granola bars, fruit snacks, goldfish etc. for VBS

Markers

Colored Pencils

Gift for missionaries

Spiral notebooks

Paint and paint brushes

Paper plates (the kind you can write on)

Yarn

Stickers

Face paint and stencils

Small prizes