



## Packing for your Mission Trip

### Luggage

- You are allowed one carry on bag 45" and a personal item (purse) and check one bag under 62" and no more than 50 pounds. We can usually do laundry there, so no need to over-pack. If you can take all of your personal items in a carry on bag that's ideal! We will have extra bags to take with clothing and other items for the orphanage, so the lighter you pack the more items we can take for others.

### Personal Items

- Bug repellent
- Sunscreen
- Bring your own toiletries, medications, allergy medication
- Ear plugs – it's a good idea, just because you're sleeping in a different place and the neighborhood rooster sometimes thinks it's time to wake up at 3am.
- Hairdye, curling iron if you use them. Note to women – the humidity makes your hair seem to do whatever it wants to do! Even if you don't normally wear something to hold back or pin your hair, you may find yourself wanting to.
- Hole In Our Gospel Book and Journal
- Bible & notebook
- Camera; extra batteries

### Work Supplies

- Hat and work gloves
- One set of work clothes that can be ruined working
- Paint removing wipes or Lava type soap to clean hands

### Clothing

*Temperatures are usually around 85 by afternoon with nights cooling down to the 60's.*

- One set of church clothes – casual clothing is fine
- Modest sleeping attire
- Tops/blouses/shorts/pants
  - No low cut shirts or thin straps for women
  - Lightweight cotton breathable material is most comfortable with the climate there. You'll find it rare that you want to wear long pants or jeans.
  - Underwear and socks – we have a washing machine, so you don't have to pack enough for every single day.
  - Good walking shoes, work shoes, sandals
  - Light sweater or jacket, rain jacket or umbrella in rainy season
- Swim suit, modest one piece for women

### Other handy items:

- Small container or tote to keep shower items in

### DO NOT BRING

- Excess amounts of liquid items, especially if you are carrying your bag on. A one quart bag should hold all liquids. Minimal amounts of makeup.
- Keep jewelry to the bare minimum. We recommend you leave expensive jewelry at home.
- Electronics/laptops are best left at home. Time to unplug from the world and electronics are the most highly sought after item of thieves in other countries.
- Do not overpack!
  - a) You will be living out of your suitcase during the trip - no dresser drawers etc.
  - b) People live very simply in our locations and you'll find yourself not being overly concerned about your attire.

