Suggested Packing List

This list is not intended to be an exhaustive list, but rather a guide of suggested items. Add to this list as you need to.

- Bible
- Journal
- Any ministry items of the mission trip that you are responsible for.
- Passport
- Airline tickets (unless your leader is responsible for these) or a copy of your flight itinerary
- Written testimony
- Money (Clean, crisp bills will be accepted better in most foreign countries. They don't like bills with creases, markings or tears. Also, it's a good idea to take money to give as an offering to the churches you attend.)
- Alarm clock
- Backpack
- Camera
- Flashlight and batteries
- Small gifts to give missionary family and translators
- Snacks
- Personal hygiene items (soap, shampoo, mouth wash, tooth brush, toothpaste, deodorant, etc)
- Personal care items (make-up, blow dryer, hair spray, etc.)
- Clothes and shoes for church
- Clothes and shoes for the trip
- Light jacket
- Rain gear (poncho, umbrella, etc.)
- Socks and undergarments
- Sunglasses/hat
- Walking/hiking shoes
- Waterproof shoes (flip-flops)
- Cheap watch
- Medication
  - Anti-diarrhea medication
  - Antibiotic ointment and bandages
  - Hand sanitizer
  - Advil/Tylenol/Aleve
Insect repellant
Medicated powder
Prescription medication
Sleep aid
Sunscreen, Aloe Vera

Other items