

# Mission Trip Packing List



## Essentials:

- Bible, journal and pens
- Cash and debit/credit card
- Driver's license and passport
- Necessary & appropriate clothing
- Comfortable walking shoes
- Sun glasses/hat
- Linens and toiletries
- Spare glasses/contacts
- Travel alarm clock + batteries
- Voltage/plug converter
- Small flashlight

## The Nice to Haves:

- Pictures of family or other reminder of "home"
- Sewing kit
- Duct tape and safety pins
- Non-perishable snacks
- Gift for hosts
- Camera

## Medical Kit:

Ask your host which of these items you should include.

- Alcohol swabs for disinfection (individual packets)
- Antibacterial soap, hand wipes or waterless gel
- Band-Aids, butterfly closures, gauze and tape
- Sunscreen
- Insect repellent with DEET
- Personal hygiene products
- Dental floss
- Vitamins
- Facial tissue in small packets
- Antihistamine for allergic reactions
- Cold medicine/nose spray or drops
- Cough syrup or lozenges
- Diarrhea medication
- Nausea and motion sickness medication
- Malaria prophylaxis (if needed)
- Hydrocortisone cream for itching, bites and skin irritation

