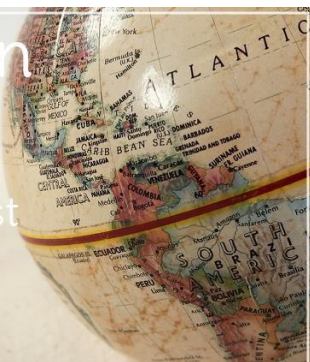


# Mission Trip packing list

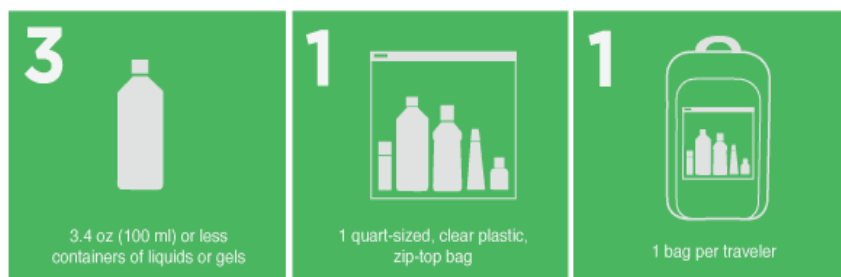


## Mission Trip Packing List:

Mission work can take you all over the world, so it's important to be prepared. We've come up with this **mission trip packing list**. Pray and have fun!

**NOTE: Packing for flights-- 3oz liquid bottle in 1 Ziploc bag that is 1 quart in size**

## THE 3-1-1 RULE FOR CARRY ON LIQUIDS



## Clothing

As a representative of RPI, you will be expected to follow a certain dress code. **Modest clothing** is important to pack in effort to respect local cultures. Note: if you do not bring quick-dry clothes, you will need to adjust your number of items. Cotton and denim items take a long time to dry, and you may not have access to a clothes dryer.

## For Both Women and Men:

**1 bandana**— As the all-purpose travel item, I used mine to wipe off sweat on hot afternoons.

**1 hat**— Keep the sun out of your eyes and protect yourself.

**1 robe** — I used my sarong as a long skirt, to cover up when I got out of the shower and sometimes as a blanket.

**Socks** (Approx. 1 pair for every two days)

**Work Gloves** 1 pair of work gloves for the work projects we will be doing

## For Women:

**LONG SLEEVES/PANTS/DRESSES**— \*If you have tattoos—In many instances, you will be required to cover your tattoos because it is a social tabu in many of the circles we work among.

**4 sun dresses**— Shift Dress or lightweight—In the village we will be required to wear a dress, usually longer in length.

**2 pairs of capri, shorts, or long pants**— shorts length should be close to your knees.

**2 long sleeved shirts**— Bug proof clothing is a must-have for a mission trip. It's even better if it's wicking as well. Long sleeved shirts are also great for layering.

**4 short sleeved shirts**— While working, it's a good idea to wear basic short sleeved shirts that you don't mind getting dirty. I recommend cheap tees from a bargain store to throw away if you need to.

**1 tank top or sleeveless shirt**— If you have a day off you can wear a tank top or wear it under your other shirts.

**1 long skirt**– You can wear a skirt on your day off or even at work, depending on what your project involves. **bras**– I recommend packing regular bras and at least one sports bra.

### **underwear**

**1 windbreaker, sweatshirt, or light jacket**–In case it rains

**1 pair leggings or yoga pants**– You need something to **wear on planes** and to sleep that won't be too revealing.

**1 pair Pajamas**– At night it's nice to have a "open dress type" pajama. The bathrooms are squatty potties, it's easier to use the bathroom with appropriate pajamas.

## **For Men:**

**LONG SLEEVES/PANTS**– \*If you have tattoos—**In many instances you will be required to cover your tattoos because it is a social tabu in many of the circles we work among.**

**Nice Church outfit** Men dress up in this culture for church, you'll need khakis and a dress shirt

**Pants** (quick dry are best; plan on one pair for every three days)

**Shorts** (quick dry are best; plan on one pair for every three days)

**Shirts** (quick dry are best; plan on one shirt for every two days)

**Undergarments** (quick dry are best; plan on one pair for every two days)

**Belt**

## Men and Women Shoes

**1 pair of athletic shoes**– Closed toed shoes are essential if you're working on a building project.

**1 pair of flip flops**– You want something to slip on quickly to trave outdoors to the bathroom at night  
**1 pair of sandals**– Something sturdy

## The "Other" Stuff

**Bible Journal Printed Sermon/Teaching Notes *if necessary* Several Pens**

**Passport and necessary visas**– Make sure you've acquired all necessary papers to visit the country you'll be working in and have them printed out.

**Immunization Paperwork** -anything they gave you when you received your yellow fever shot or medications. **Yellow fever paperwork is required upon arrival.**

**Spending Money** -Also throw in **extra cash** in case you can't find an ATM right away.

**Photo Copy of Your Passport**- give a copy to your trip leader to keep for you.

**Deck of cards**– I always pack a deck of cards because it's a form of entertainment that never needs charging.

**Books**– I rarely had a chance to charge my electronics, so I was glad to have real books, rather than an ereader. I also didn't feel bad about leaving them behind.

**iPod Music Device and earbuds**– Keep yourself entertained on the long flight.

**Sunglasses**

**Flashlight**- You will need one to travel outdoors to the bathroom at night

**Travel Pillow**

**Towel**– Pack a **quick-drying towel** for convenience and extra space.

**Bag for dirty/wet clothing Hand Sanitizer**

**Wet wipes/Flushable wipes/Tissues**– You won't be able to shower as much as you might back home, so a quick face wipe can make you feel cleaner immediately.

**Water bottle/life straw**– Make sure your bottle is filled with potable water before drinking it.

**Flavored Powders to add to water bottle for taste Snacks Pain Reliever Sleep Mask/Ear Plugs Backpack**

## Protection

**Mosquito spray**– I purchased heavy-duty DEET mosquito spray **\*99% Deet BRING A BOTTLE** Insect bite spray/ointment

**Sunblock**– Save yourself from a miserable week of sunburn. Aloe with Lidocaine

**Digestive Medications** (Both for Diarrhea and Constipation)

**Lotion Bandages/Antibiotic Ointment**

## Other Tech Gear

**Battery Operated Fan**– It can be very hot and you may want a fan to sleep with. You may not have accessible outlets or in country hookups so bring a battery operated fan.

**Camera**– Capture the memories of your mission trip, but make sure your camera is fully charged before you go in case you don't get a chance to plug it in.

**Battery Back-up Charger Cables**

**Electrical Converter/Adapters**– Don't forget adapters for your chosen country. Need this-I will also have a solar charger to help

## Toiletries

**Shampoo/Conditioner** – Travel sized and **TSA friendly** are the way to go.

**Soap or Body Wash** – I brought body wash instead, but soap is usually easier to pack if you're flying carryon only.

**Toothbrush/Paste** – Also get a snap-on case so you don't get anything on your toothbrush. (Floss)

**Deodorant** – You'll be glad you had it on the sweltering days.

**Razor** – You might not see this item as essential, but it's your call.

**Shaving Cream**

**Brush** – Useful for pulling your hair back.

**Hair ties and headbands** – Necessary to keep the hair off your neck on those hot days.

**Prescriptions and medications**– Use Original Containers with your name on it. Visit a travel doctor before your trip to see what **vaccinations** and medications you need beforehand.

**Finger Nail Clippers**

**First aid kit**– The basics, like band-aids, ibuprofen and burn cream, should be sufficient.

**Glasses/ Glasses Case**

**Contacts/ Contact Container/ Solution**

# Packing your luggage:

**You can pack**

**1 Carry On 20lbs**

**1 Checked Bag 50lbs**

**1 Personal Item (Such as a backpack/purse/etc)**

*(try to keep it a little under this limit because the airport scales can vary and we don't want to have to shuffle things around to attain the correct weight)*