Suggested Packing Checklist
Use this to make sure you pack everything you need!

CLOTHING

Lightweight tropical clothing

Cap or visor

Comfortable shoes and socks

Work shoes
(Flip flops and sandals are not work shoes)

Work gloves

Modest shorts

Long pants

Modest clothing for church **(no shorts)**
- **Guys Long pants and shirt (T-shirt ok)**
- **Gals Dress or skirt & nice top (T-shirt ok)**
  Same dress code for the out-reach day

Shirts

T-shirts ok

Sleeveless shirts ok
- **Gals (no spaghetti strap tops)**

Modest Swimwear
- **Gals (one piece or tankini type suit)**
- **Shorts and a shirt ok**
- **No bikini's**

Light jacket or long sleeve shirt/sweatshirt

HYGIENE

Toothbrush and toothpaste/dental floss

Deodorant

Soap & shampoo

Lotions

Ladies (ample supply of feminine hygiene needs)

Personal size hand sanitizer

Wet wipes

Personal size disinfectant spray

Personal wash clothes

Q-tips

Razor and shaving cream

Nail clippers

MEDICAL

We have a first aid kit on sight. However, each team should take their own supply of the following for private use:

Personal use first aid kit

Visine

Pepto-Bismol tablets

Neosporin (antibiotic cream)

Cortisone cream/Benadryl cream

Cold and flu medication

Allergy medication/Antihistamine

Benadryl tablets

Advil/Tylenol and or other pain relievers

Antacids

Imodium (for diarrhea)

Medicated powder(corn starch)

Band-aids (assortment)

Sunscreen

Bug spray 100% Deet works the best

Sleep-aid

Miscellaneous

BIBLE, notebook/journal

Sunglasses

Sewing kit small scissors

Camera

Flashlight and extra batteries

Personal battery operated fan

Alarm clock battery operated

Umbrella/rain gear

Beach towel

Extra spending money for offerings and souvenirs

Favorite snack foods
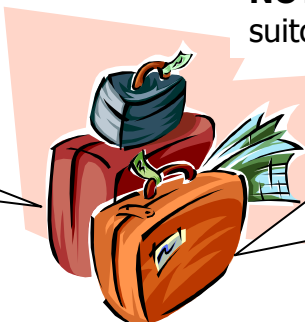
Lap-top computer (we have Wi-Fi most of the time)

Personal water bottle

1 suitcase (weighing no more than 50 lbs)
1 carry-on (small enough to fit overhead)
PASSPORT!!!

NOTE: You may be asked to carry one suitcase of supplies!

Be sure to put a name & address label on each piece of luggage.

Don't leave anything hanging out!