



PACKING LIST

Clothing

- Clothes appropriate for outdoor activities
- One semi casual outfit (pants/skirt and nice shirt)
- Work gloves, bandana, hat
- Underwear and socks
- Rain jacket
- Close toed shoes, shower shoes
- Long pants for construction projects

Other

- Bible, student journal, pens
- Backpack
- Water bottle (Nalgene bottles are recommended)
- Travel First Aid Kit: Band-Aids, Neosporin, anti-itch cream, aloe, etc
- Granola bars, small snacks, drink mixes, etc.
- Personal money
- Personal Protective Equipment: masks (reusable or enough for the week) + gloves

What not to Pack:

- Any item that supports a focus on appearance
- Any item that isolates people from participating with the rest of the group
- Anything you aren't willing to part with

General Clothing Guidelines:

It is important to remember that when you are on the field ministering, you are representing God, Adventures In Missions, and local missionaries. Modesty is the key to all clothing you decide to bring with you. If you are questioning whether or not you should bring it, then leave it at home. Here are a few guidelines for clothing choices:

1. Bring something modest to sleep in.
2. No short, tight, or clingy clothing is permitted.
3. Sleeveless shirts and tank tops that are 2" wide are permitted on girls. No sleeveless shirt of any form is permitted for guys.
4. If you cannot raise your arms above your head or touch your toes without showing your stomach or lower back, leave it at home.
5. Shorts must come to the top of the knee. Capris and gaucho pants are great options.
6. Skirts and dresses should be below or close to the knee.
7. Make sure clothes are not stained and/or torn (except for clothes for painting/heavy manual labor). You do not have to wear your best clothing, but make yourselves presentable. It may be offensive to the locals if you look sloppy.

Toiletries

- Towel
- Soap, shampoo, deodorant,
- Toothbrush, toothpaste
- Sunscreen
- Insect repellent
- Medication

Bedding

- Pajamas
- Flashlight or headlamp
- Sleep bag/ linens, pillow
- Sleeping Pad