

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 repellent

Medicated powder

Prescription medication

Sleep aid

Sunscreen, Aloe Vera

Other items
