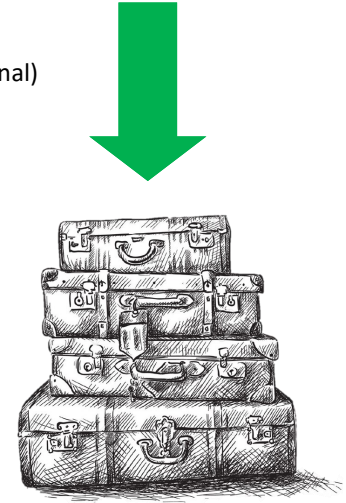


# What to Bring:

When you are packing, please remember that you are representing the Christian Community, your church and your family. Space to put your things will be very limited; please bring only what you *absolutely* need.

- Tennis shoes
- Work boots or sturdy shoes / work socks
- Flip flops or sandals
- Lightweight work pants or modest shorts (no short-shorts, shorts should be fingertip length)
- Work shirts (no tank tops)
- Swim wear (modest swimwear for both males and females; girls should be one piece or full coverage tankinis) and beach towel
- Work gloves (suggest at least 2 pairs)
- Sleep wear (modest)
- Towels and washcloths
- Single bed sheets, blanket & pillow (or lightweight sleeping bag) and mattress cover (optional)
- Hat or bandanas (to protect from sun)
- Poncho or rain jacket
- Sweatshirt, long-sleeve t-shirt, windbreaker or other light jacket
- Bible (a must-have)
- Notebook/Journal, and pen/pencil
- Travel chair (like a Crazy Creek) - great for meetings and quiet times
- Personal toiletries (toothpaste, toothbrush, soap, shampoo, deodorant, etc.)
- Flashlight and batteries
- Water bottle (a must-have)
- Sunscreen (SPF 15 or higher – the sun is intense) / Sunglasses
- Bug spray or lotion
- Plastic bags (for dirty shoes and/or wet clothes)
- 1 jar peanut butter and 1 jar jelly (we will collect and use for lunches on work site)
- 2 rolls of toilet paper (we collect these for bathrooms)



**“Going Green” is back! Each person needs a personal mess kit, which they will wash after each meal, and a mesh hanging bag to store the mess kit in for hanging and drying.**

**PLEASE NOTE:** All personal items should be marked for identification – baggage, clothing, linens, everything! We have experienced real problems with look-alike clothing and other items. Please use a permanent marker to put your name on all of your belongings.

# What NOT to Bring:

- Weapons of any kind
- Electric razors and razors
- Tobacco, alcohol any form of mind-altering substances
- Clothing that advertises alcohol, tobacco products, drugs or displays obscene images



**Cell Phones:** We understand that the majority of students now use their cell phones for a camera, alarm, flashlight, etc. We ask that **ALL** students and leaders limit their cell phone use as much as possible (no cell phones on the work site, during Quiet Time and program). It is up to individual church leaders to enforce this however they see fit. We ask that you take advantage of the gift it is to be “unplugged” for the time you are on the mission trip and focus on **WHY** you are here!