

THINGS TO BRING

Each participant may bring (1) CHECKED BAG and (1) CARRY-ON BAG. You may be asked to pack up to 5lbs of team supplies in your checked bag so leave space. Do NOT bring valuables you would be upset to lose, like cell phones, tablets, expensive jewelry, etc...

Carry-On Bag (Small backpack or day pack)

- Passport (with 6 months validity)
- Proof of Yellow Fever Vaccine
- Visa (single entry - evisa)
- Spending money for snacks/souvenirs
- Bible, devotional book, pens
- Prescription or personal medication
- 7 Masks (some areas still require them)

Checked Bag (45lbs or less, rolling suitcase/hiking backpack, no hard-shell cases)

- (1) Nice Modest Church outfit—**Girls:** (not sleeveless, tight-fitting, or low cut) - **Guys:** collared shirt
- (1) Swimsuit & towel, just in case!
*Girls swimsuits must be one-piece or have a dark-colored t-shirt over two-piece
- (9) Sets of undergarments and socks
- (1) Pair of pajamas/sleepwear
- (3-4) Outfits for ministry (pants, long skirts, nice top)
- (3) Sets of work clothes (old jeans and t-shirts that might get ruined/stained)
- (1) Pair of heavy-duty work gloves
- (2) Pairs of tennis/athletic shoes- for extensive walking, sturdy enough for work projects
- (1) Pair of flip-flops and/or shower shoes
- Clothes to wear around lodging complex (shorts, t-shirts)
- (1) Sweatshirt/jacket
- (1) Plastic bottle of either peanut butter or jelly (grape/strawberry)
- Mosquito net for bed: example one at amazon [here](#)
- Toiletries (shampoo, soap, deodorant, toothpaste, toothbrush, contact solution, etc.)
- Contacts or glasses (if you wear them)
- 32oz Water Bottle (Nalgene or similar brand, must be re-useable and shatterproof)
- Outdoor supplies (sunscreen, insect repellent, sunglasses/hat, rain poncho)
- Tools (details announced closer to trip)

- Miscellaneous extras (mini flashlight, healthy snacks, stickers/candy to give away) – *OPTIONAL!!*