

## MSC Mission Trip

# Personal Packing List

### Clothes

- Old work clothes
- T-shirts, shorts, pants (no tank tops)
- Closed toe shoes
- One nice outfit for outings and Mass (All volunteers should dress modestly. Dresses should be knee length with covered shoulders.)
- Swimsuit (modest one-pieces, please)
- Rain poncho (if rainy season)
- Set of warm layers (evenings can be cool)

### Toiletries

- Towel for the shower
- Shower shoes
- Shampoo
- Soap
- Sunscreen
- Toothpaste
- Personal Toiletries
- Two rolls of toilet paper

### Accessories

- Hats/Bandanas
- Work gloves
- One or two water bottles
- Sunglasses

### Miscellaneous

- Snack foods to share (optional, meals are provided by MSC)
- Spending money in small denominations
- Camera (use discretion if bringing an expensive camera)
- Beach towel
- Any medicine you need
- Bug Spray
- Antibacterial hand gel
- Bible, journal, or other reading material for quiet time
- Ear plugs
- Bubbles/Stickers for sharing with the kids
- Safety glasses (optional)

\*Carry a photocopy of your passport with you at all times.

\*Many mission volunteers choose to leave their personal items at MSC as a donation. Please consider this when packing.

# Group Packing List

## Medical Kit that the team leader should carry throughout the trip.

- Antibacterial ointment
- Band-Aids in various sizes
- Pain relievers
- Aspirin
- Allergy tabs
- Diarrhea medicine
- Motion sickness remedy
- Anti-itch cream
- Pedialyte powder packs for rehydration
- Hand sanitizer
- Menstrual products

## Items for the Mission House

- Bug spray
- Sunblock
- Sunburn remedy
- Toilet paper
- Menstrual products
- Hand sanitizer
- Variety of sizes of Ziplock bags
- Power strips
- Extension cords
- Ear plugs
- Duct tape
- Garbage bags
- Paper
- Pens
- Trip schedule

## Additional Packing Needs

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