

Personal Packing List

WHAT TO BRING

- Old work clothes
- T-shirts, shorts, pants (no tank tops)
- Closed toe shoes
- 1 nice outfit for outings and Mass
(All volunteers should dress modestly. Dresses should be knee length with covered shoulders.)
- Swimsuit (modest one-pieces, please)
- Beach towel
- Towel for the shower
- Shower shoes
- Snack foods to share (optional, meals are provided by MSC)
- Spending money in small denominations
- Camera (use discretion if bringing an expensive camera)
- Work gloves
- One or two water bottles
- Hats/Bandanas
- Sunglasses
- Shampoo
- Soap
- Sunscreen
- Bug Spray
- Toothpaste
- Rain poncho (if rainy season)
- Set of warm layers (evenings can be cool)
- Personal Toiletries
- Antibacterial hand gel
- Bible, journal, or other reading material for quiet time
- Any medicine you need
- Ear plugs
- Bubbles/Stickers for sharing with the kids
- Two rolls of toilet paper
- 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

WHAT TO BRING

- 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