

Mission Trip Packing Checklist

(cool weather)

Each volunteer needs to be as self-sufficient as possible. Think ahead about what you need to be as comfortable as possible without having to go to a store.

You will need to have copies of these items available – give them to your group leader:

- Driver's license**
- Phone numbers** (family physician, church, emergency contact)
- Health Insurance Information** (company, policy number, coverage, agent and phone)
- Automobile Insurance (if driving) Vehicle registration (If driving)

Suggested Clothing (4-5 day supply)

- warm jacket that you can work it
- Long Sleeve Shirts, turtleneck, sweatshirts
- Sleepwear
- Work shoes
- Socks (2/day)
- Rain suit, poncho or rain coat
- work clothes
- shower shoes (flip flops)
- Jeans or work pants
- Underwear, thermal underclothes
- Sneakers, closed toe shoes
- Waterproof footwear
- Work gloves, warm gloves
- Bandana, neck warmer/scarf, hat
- Laundry bag/plastic bags
- Bathing Suit (for showers)

Suggested Health, Safety and Hygiene Products

- Prescription medicine Nonprescription medicine
- List of allergies – inhaler and EpiPen if needed
- Soap Deodorant Shaving cream, razor
- Washcloths (or dry Oil of Olay daily facials that can be used to wash your face, body, and thrown away)
- Towels Toothbrush, toothpaste Shampoo and rinse Comb/brush

Other health items to consider taking

- A & D ointment Allergy kit: bees, etc.... antibacterial gel
- Feminine needs Antacids/Gas X Dental floss
- Chap stick Diarrhea cure/Pepto Bismal Insect spray
- Skin lotion Sunblock (15+) Foot powder
- Laxative/Correctol Blister kit/bandaids First aid kit
- Aleve or Advil Eye Wash Wet wipes
- Caladryl lotion Neosporin Cough syrup/drops
- bug repellent Benadryl Stool softener, Milk of Magnesia

Food

- food for your special diet needs Snacks (healthy, high protein)
- Drinking water Refillable water bottle
- electrolyte powder such as Gatorade

Supplies and Equipment

- Flashlight, cyclops Bedding (sleeping bag, blanket, air mattress, pillow)
- Watch or clock Special personal items you need for health, safety or comfort
- Bible, devotionals phone chargers, car phone charger, extension cord

Depending on the circumstances, you may need Tools such as (with name marked on them)

Staple gun (manual or electric), staples
electric and/or rechargeable drill with extra battery and charger
extension cord
hammer, pliers, screwdrivers, utility knife and extra blades, tool belt
rakes, shovels
crowbars
safety equipment (work gloves, safety goggles, closed toe/steel toe shoes, chaps)
black trash bags, paper towels