

# 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