

# Mission Trip Packing Checklist

## (warm weather)

The idea is for each volunteer to be as self-sufficient as possible. Think 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)

- |   |   |
|---|---|
| <input type="checkbox"/> light all-weather jacket       | <input type="checkbox"/> Jeans or work pants        |
| <input type="checkbox"/> Long and Short Sleeve Shirts   | <input type="checkbox"/> Underwear                  |
| <input type="checkbox"/> Sleepwear                      | <input type="checkbox"/> Sneakers, closed toe shoes |
| <input type="checkbox"/> Work shoes                     | <input type="checkbox"/> Waterproof footwear        |
| <input type="checkbox"/> Socks (2/day)                  | <input type="checkbox"/> Work gloves                |
| <input type="checkbox"/> Rain suit, poncho or rain coat | <input type="checkbox"/> Bandanas or handkerchief   |
| <input type="checkbox"/> work clothes                   | <input type="checkbox"/> Laundry bag/plastic bags   |
| <input type="checkbox"/> shower shoes (flip flops)      | <input type="checkbox"/> Bathing Sit (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

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> A & D ointment     | <input type="checkbox"/> Allergy kit: bees, etc.... | <input type="checkbox"/> antibacterial gel                |
| <input type="checkbox"/> Feminine needs     | <input type="checkbox"/> Antacids/Gas X             | <input type="checkbox"/> Dental floss                     |
| <input type="checkbox"/> Chap stick         | <input type="checkbox"/> Diarrhea cure/Pepto Bismal | <input type="checkbox"/> Insect spray                     |
| <input type="checkbox"/> Skin lotion        | <input type="checkbox"/> Sunblock (15+)             | <input type="checkbox"/> Foot powder                      |
| <input type="checkbox"/> Laxative/Correctol | <input type="checkbox"/> Blister kit/bandaids       | <input type="checkbox"/> First aid kit                    |
| <input type="checkbox"/> Aleve or Advil     | <input type="checkbox"/> Eye Wash                   | <input type="checkbox"/> Wet wipes                        |
| <input type="checkbox"/> Caladryl lotion    | <input type="checkbox"/> Neosporin                  | <input type="checkbox"/> Cough syrup/drops                |
| <input type="checkbox"/> bug repellent      | <input type="checkbox"/> Benadryl                   | <input type="checkbox"/> 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     Bedding (sleeping bag or covers, air mattress)
- 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
- rakes, shovels
- crowbars
- safety equipment (work gloves, safety goggles, closed toe/steel toe shoes, chaps)
- black trash bags, paper towels