

Mission Trip Packing List

A general checklist for short-term trips of about a week. Pack light: one checked bag and one carry-on is plenty. Your team leader may send additions for your specific trip.

TRAVEL DOCUMENTS

- ☐ Passport, valid at least six months past your return date
- ☐ Two photocopies of your passport photo page, one in each bag
- ☐ Flight itinerary and confirmation numbers
- ☐ Travel or medical insurance information
- ☐ Emergency contact card with team leader's phone number
- ☐ Debit or credit card (tell your bank your travel dates)
- ☐ Small amount of cash in clean, untorn small US bills

Keep documents, cash, and cards on your body or in your carry-on, never in checked luggage.

CLOTHING

- ☐ Team shirts (provided by your team leader)
- ☐ 4 to 5 lightweight, modest shirts
- ☐ 2 to 3 pairs of long pants or scrubs for work days
- ☐ Knee-length shorts or capris for evenings
- ☐ One nicer outfit for church
- ☐ Light jacket or sweatshirt for flights and cool evenings
- ☐ Rain jacket or poncho
- ☐ Underwear and socks for each day, plus two extra
- ☐ Sleepwear
- ☐ Closed-toe work shoes, already broken in
- ☐ Comfortable walking shoes
- ☐ Shower sandals or flip-flops
- ☐ Hat and sunglasses

Dress modestly out of respect for our host communities: shoulders covered, nothing tight or low-cut.

TOILETRIES

- ☐ Toothbrush, toothpaste, and floss
- ☐ Travel-size soap, shampoo, and deodorant
- ☐ Sunscreen, SPF 30 or higher
- ☐ Insect repellent with DEET or picaridin
- ☐ Hand sanitizer and wet wipes
- ☐ Quick-dry towel and washcloth
- ☐ Lip balm with SPF
- ☐ Pocket tissue packs
- ☐ Feminine hygiene products for the full trip
- ☐ Extra glasses or contact lens supplies

HEALTH AND MEDICATIONS

- ☐ Prescription medications in original labeled containers, with several extra days' supply
- ☐ Anti-diarrheal medication
- ☐ Pain reliever and fever reducer
- ☐ Antihistamine
- ☐ Antacid and motion-sickness tablets
- ☐ Electrolyte or oral rehydration packets
- ☐ Bandages and blister care
- ☐ Personal medical devices (inhaler, epinephrine auto-injector, glucose meter)

See your doctor or a travel clinic four to six weeks before departure about vaccines and preventive medications.

DAILY GEAR

- ☐ Small backpack or day bag
- ☐ Refillable water bottle
- ☐ Headlamp or flashlight with extra batteries
- ☐ Work gloves
- ☐ Snacks: granola bars, nuts, protein bars
- ☐ Bible, journal, and pens
- ☐ Phone, charger, and portable power bank
- ☐ Earplugs and sleep mask
- ☐ Zip-top bags and a laundry bag
- ☐ Small luggage lock

Guatemala and El Salvador use US-style outlets, so no plug adapter is needed there. Check for other destinations.

CLINICAL VOLUNTEERS, ALSO BRING

- ☐ Copy of your current professional license
- ☐ Stethoscope and penlight
- ☐ Scrubs and wipeable closed-toe shoes
- ☐ Personal diagnostic tools you prefer to use (otoscope, blood pressure cuff, pulse oximeter)

Do not pack medications or medical supplies to donate without asking your team leader first. Customs rules apply.

LEAVE AT HOME

- ☐ Expensive jewelry and watches
- ☐ Large amounts of cash
- ☐ Laptops and tablets you do not need
- ☐ Camouflage or military-style clothing
- ☐ Clothing with political or offensive slogans
- ☐ Gifts, candy, or money to hand out on your own

Give any donations through your team leader so they reach the community fairly and through our local partners.

BEFORE YOU LEAVE

- ☐ Weigh your bags against your airline's limits
- ☐ Set up an international phone plan or plan to use Wi-Fi
- ☐ Leave your itinerary and team contacts with family
- ☐ Pack medications, documents, and one change of clothes in your carry-on