



## PACKING LIST

***In addition to a suitcase, a backpack is very handy to have to carry needed items during the day. All items you bring, with the exception on your sleeping bag and pillow, should fit into your suitcase and backpack.***

### CLOTHES

- Sunday outfit—pair of dress pants, nice shirt (collared or polo type for guys, nice top for girls), shoes or nice sandals—no flip flops for Sunday outfit, please.
- 1 pair of casual pants—jeans are fine
- 3-5 pairs of modest shorts/capris (nice, not grungy)
- 6 - 7 Casual tops/t-shirts with sleeves (no questionable slogans--*any tank-tops should be layered with a sleeved shirt—no tank-tops worn alone or layered with other tanks*)
- 1 modest bathing suit (girls--one-piece, or tankini that provides equal coverage; guys—no speedos)
- 1 casual jacket or sweatshirt/hoodie
- 1 set of old work clothes for manual labor projects (work gloves can be helpful, but are not required)

### SHOES

- 1 pair to go with Sunday outfit (see above)
- 1 pair of tennis shoes
- 1 pair of flip-flops or sandals
- second pair for of flip-flops for shower use only

### UNDERGARMENTS

- Underwear to last 8 days
- sleepwear (modest)
- 3 - 5 pairs of socks

### PERSONAL NEEDS

*(sufficient amount for 8 days)*

- Toothbrush, toothpaste, mouthwash
- Soap and soap dish or bodywash
- Deodorant
- Shampoo
- Sanitary Needs
- Comb and brush
- Curling iron, blowdryer, etc.
- 2 towels, 1-2 washcloths or shower scrunchie
- Kleenex/tissues

### MISCELLANEOUS

- Bible & pens
- Sleeping bag
- Pad or blanket for under sleeping bag
- Sheet (for warm nights)
- Pillow, pillowcases
- Bag for laundry
- Sunglasses, Sunscreen lotion
- Small Flashlight
- Refillable water bottle
- Beach towel
- Camera (optional)
- Watch (optional - may not always have phone access)
- Vitamins (optional)
- Spending Money (optional—for any personal items, souvenirs)

### Please note:

**We will not stock medical supplies such as aspirin, cold medicines, feminine hygiene supplies, or personal medication. Please bring these items as needed.**

**Remember you are on a ministry team. You will wear your clothes hard. Now is not the time to break out the "best, most fashionable" stuff. Loose fitting t-shirts (like what you might wear at a sports camp) with longer shorts, capris, or pants, is a typical outfit when not wearing matching "team shirts".**