

Lutherans Engaged in Mission Packing List

*Please label all items

Personal Items (travel size items if possible. Liquids should go in a zip lock bag in case it spills open in your luggage)

- 2 Towels
- Wash cloths & hand towel
- Laundry bag
- Shower shoes/flip flops
- Sunscreen
- Shampoo, soap, conditioner
- Lotion
- Medications (we have basics in the med kit)
- Toothbrush & toothpaste
- Deodorant
- Hair care items: brush, comb
- Personal cleansing disposable wipes
- Shaving kit
- Glasses/contacts & supplies

Clothing

- Short sleeved shirts
- Undergarments & cotton socks
- Work clothes
- Work boots/shoes & gloves
- One semi-dressy outfit for worship service
- Athletic shoes or good walking shoes
- 3 sweatshirts
- Jeans (belt)
- Shorts
- Baseball hat
- Modest pajamas

Travel Bag Items:

- Fanny pack or money pouch that goes inside clothing
- Small flashlight
- Sunglasses
- Water bottle with your name on it
- Cell Phone & charger, portable charger
- Bible & pen/pencil
- Travel size Hand sanitizer
- Bring at least \$100 for extra meals on the trip. Other spending money for the market or souvenirs is up to you. Take small bills – nothing greater than \$20.
- Playing cards or entertainment for vehicle
- Passport & ID
- Health insurance card

Sleep Gear:

- Sleeping bag or bedding (place inside white garbage sack or bag with your name on it. Tie it in a bow so it can be re-used)
- Travel pillow
- Air mattress for way down and back