

# WHAT TO PACK LIST

## Personal Suitcase

- Bible
- Work t-shirts and shorts (2-3)
- Shorts and tops for 4 days, not including work days
- Socks, tennis shoes or work boots (required for mission sites!)
- Hat, cap, visor, headbands, or bandanas
- Water bottle
- Bathing suit (modest)
- Men: "Dockers" type pants w/short sleeve shirt w/collar and shoes for dinner and church service
- Women: Sundress or skirt w/top and sandals for dinner and church service (Jamaicans wear their best for Sunday, it is a sign of respect that we do the same)
- Toiletries (soap, shampoo, toothbrush, toothpaste, comb, brush, aspirin/Tylenol, skin irritation cream, topical antibiotic ointment, tissues, bug spray, antacids, personal hygiene products, Purel or something similar, wet wipes, other?)
- Sunscreen, at least 15 SPF
- Aloe Vera
- Cover-up for beach
- Books, magazine, cards
- Snacks for plane and for mission days
- Light jacket/sweater/raincoat, umbrella
- Flip-flops, Tevas or water socks
- Fanny pack, neck holder or money belt
- Beach bag
- Beach towel for Kingston Trips
- Battery operated travel alarm
- Earplugs (music, dogs, roommate)
- Tools and group donations
- Addresses of family/prayer partners
- Pens, journal, notebook
- Backpack or tote bag to carry to mission sites for camera, snacks, antibacterial wipes or lotion
- Phone or device chargers
- Baggies for lunches

## Pack in Carry-On Bag

- Identification: Passport. Passports are required for travel to Jamaica.
- Travel documents
- If a minor, Authorization to Leave the Country and Medical Authorization forms
- Camera, film, and batteries
- Credit card
- At least \$20 in ones (enough for tips for suitcase handlers, maids, etc.)
- Motion sickness and prescription medication (bring enough for duration of trip), contacts/glasses/sunglasses
- Change of clothes in case of lost luggage