



We want you to be comfortable and have everything you need....don't leave home without:

Clothes:	Toiletries:
A week's worth of:	shampoo and conditioner
✓ work pants (we recommend scrubs-light/comfy)	soap or body wash
✓ work shirts	toothbrush
✓ undergarments	toothpaste
✓ pajamas	deodorant
clothes for after the work days (after shower/before bed)	hand sanitizer or antibacterial wipes
clothes for "fun day"	sunscreen
bathing suit	mosquito repellent
rain coat or poncho	towels
hat	baby wipes
	lotion (hands tend to get dry while working)
Shoes:	
work shoes	Other:
shower shoes	water bottle
casual shoes	Bible
	pen/pencil

We also strongly suggest you bring:

- ✓ Powdered drink flavoring (i.e. Gatorade, Crystal Light)- it will encourage greater water consumption
- ✓ Snacks for in between meals and to eat at the work site
- ✓ Extra toothbrush just in case your original one is accidentally washed with tap water
- ✓ Plastic bags to separate dirty clothes from the clean clothes
- ✓ Cards and games for down time at the mission house

Do not bring anything of value that you would be upset with being damaged or lost.

Do bring things that you wouldn't mind leaving (old t-shirts, pants) - we will accept donations at the end of the week to give to the village people.

Leave room in your suitcase for souvenirs.

Please note: If you take prescription drugs, remember to bring enough for a week. We recommend you bring about \$50-\$100 for souvenirs and other goods.