

Mission Trip Packing List

Clothing and Footwear

- Light clothing (Modesty: Mid-thigh shorts, No spaghetti strap shirts during outreach)
- Long pants and sleeves for sun protection, if needed
- Sturdy, closed-toe shoes required when working outside
- Comfortable sandals or flip-flops (Optional)
- Hat (Optional)
- Sunglasses (Optional)
- Light raincoat or poncho (Optional)
- Light jacket (Optional)
- Small backpack or daypack

Toiletries and Hygiene Essentials

- Soap and shampoo
- Toothbrush and toothpaste
- Deodorant
- Hand sanitizer
- Sunscreen
- Insect repellent
- Basic first-aid kit (bandages, gauze, antiseptic wipes)
- Travel towel
- Cell phone and charger

Documents and Essentials

- Passport or ID card
- Travel insurance documents (if applicable)
- Driver's license (if applicable)
- Cash and credit cards

Health and Safety

- Reusable water bottle
- Prescription medications (if applicable)
- Over-the-counter pain relievers
- Antihistamines
- Motion sickness medication (if necessary)
- Personal health items (e.g., glasses, contacts)

Other

- Journal or notebook
- Pens
- Bible
- Mission-specific items (if applicable as requested by Dream Center Esperanza)

Tips

- Pack light, as you will be carrying your luggage.
- Bring comfortable and weather-appropriate clothing.
- Pack toiletries in TSA-approved containers.
- Leave room for souvenirs on the way back.
- Respect the local culture by dressing modestly and using environmentally friendly products