



General Mission Packing List

Packing for Mission:

If you are accustomed to international travel for business or vacation, packing for a mission trip is similar, but with a few important differences. This is primarily due to the fact that tourists and even business travelers dress and pack differently than those who are traveling to cross cultural boundaries, immerse themselves, and work on developing relationships with openness and sensitivity.

Below are some suggestions for mission travel packing that can be adapted to your specific region and anticipated activities.



Luggage:

It goes without saying that the lighter and more mobile you can be, the better. Plan to manage your own luggage, throw it into a vehicle, and potentially negotiate stairs or long walks. It should be rugged and have wheels on it. It is generally easiest to bring a backpack as a carry-on that can double as a grab-and-go bag for travel and work days.

- Suggested luggage: Rolling duffel or medium rolling bag
- Suggested carryon: Backpack with place for water bottle(s)
- If bringing luggage with donations, consider whether you will be bringing it home, and if so - how.
- Luggage Strap(s) to secure and identify luggage
- Luggage tags
- Packing organizers
- Plastic bags

Clothing:

There are almost always cultural considerations related to dress. We are frequently traveling from our own context in which clothing expresses our individuality, to a context where clothing is intended to express modesty, cultural identity or respect. In many countries, for example, it is not acceptable to wear shorts or sleeveless tops except for specific times such as recreating or at the beach. In many countries, women wearing shorts or tight-fitting and/or revealing clothing in public may be considered disrespectful and will likely receive unwanted attention. Jeans (especially those with torn areas) are usually felt to be extremely informal, or conversely, showy global-brand status symbols in certain situations. In some areas, head covering is culturally important.

If you will be at a work site, walking on rugged terrain, in a remote site or outside for long periods of time, protective clothing will need to be taken into consideration. For outdoor work in hot areas of the world, the clothing of choice is frequently light, long-sleeved cotton shirts and long, loose-fitting cotton work pants. If you are likely to attend church services, festive events or meetings with local dignitaries, you will want to be prepared with appropriate clothing; in general, it is better to be overdressed than too casual out of respect for one's hosts. On longer trips, washability is also a consideration. It is often possible to hire a local person to wash clothing during the course of a trip.

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MISSION TRIP PLANNING: SAMPLE MEETING SCHEDULE

Suggested Packing List for a Trip of 1-3 weeks:

Work Days:

- 4-6 t-shirts
- 1-2 pairs of loose, cotton work pants or jeans
- Work boots or sneakers

Meeting Days/Evenings:

- 1-2 polo shirts
- 1-2 pairs of khakis, capris or skirts
- Loafers, espadrilles, sandals

Church Services:

- Men: 1 dress shirt/1 pair dress pants
- Women: 1 blouse/1 skirt or 1 dress
- Dress shoes or sandals

Travel Days:

- 1-2 comfortable shirts
- 1 pair of comfortable travel pants, capris, skirt or long shorts for travel
- Slip-on shoes

Other Clothing:

- Underwear
- Socks
- Sleepwear
- Athletic shorts/shirt/sneakers
- Swimwear
- Work gloves
- Hat with wide brim, sweat band, bandana
- Sunglasses w/UV protection
- Rain gear or travel umbrella
- Shower shoes or flip-flops
- Watch
- Sweater, fleece or jacket (for cool evenings in tropics)/Additional outerwear for cold climates

Other Items:

- Toiletries (shampoo, conditioner, toothbrush, toothpaste, soap, deodorant, makeup, etc.)
- Glasses and/or contacts with spares
- Medications (with copy of prescriptions)/Cipro (pill form)
- Over-the-counter remedies (ex. Immodium, Pepto Bismol (chewable), Benadryl, Dramamine, etc.)
- Tylenol or Ibuprofen
- Washcloth and bath or travel towel
- Hand Sanitizer
- Refillable water bottle
- Sunscreen and insect repellent
- Small first aid kit with band-aids and antibiotic ointment
- Small flattened roll of toilet paper in a plastic baggie
- Pack of tissues
- Flashlight or headlamp with extra batteries, bulb

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Electronics:

Note: Depending on the destination, do your research as to the voltage, plug configuration, etc. Check your devices, including your chargers, for dual voltage (most new devices are). Consider double-tasking devices for photos, music, books, internet access, alarms, etc. to minimize what you need to bring. Give some thought to “unplugging” as much as possible during the trip; checking your email, the news, or calling home frequently will alter your focus and diminish the quality of your experience both within the group and with the surrounding culture and people.

- Phone and charger (load and test a texting app such as Whats App, if you will be texting internationally)
- Camera and charger
- Music player, tablet or e-reader and charger(s)
- Headphones or earbuds
- Books, magazines or ebooks – consider downloading a bible or Book of Common Prayer
- External battery and charger
- Travel adapter/converter

Documents / Office:

- Passport – this should be valid for at least 6 months after your return date
- Boarding Pass
- Copy of itinerary and emergency contacts
- Copy of passport face page and credit card numbers
- Journal and/or notebook
- Pens and pencils
- Wallet/change purse
- Women may want to bring a small purse for dressy situations
- Credit card for emergencies
- Spending money for personal gifts and souvenirs in local currency

Optional Items:

- Some photos of family and home to show to those you meet
- Map of where you live (in relation to the destination) to show to those you meet
- Deck of cards or other travel games
- Language phrasebook
- Earplugs
- Travel pillow
- Snacks, such as granola bars for travel days