

## WHAT TO PACK

### CLOTHES

- 5 – 6 changes of simple clothes appropriate for the climate and **dress code**. Laundry facilities will be available.
- 1 nicer outfit for Church Service / Ministry – see dress code
- Comfortable walking shoes (break in new shoes before trip) and construction footwear if necessary
- Light jacket or sweater or **hoody**
- sleep wear, sleeping bag, pillow, foamy.
- ball cap or hat for sun protection (or bad hair day)
- Optional - rain jacket (we'll have large garbage bags if needed)
- Pack your giveaways in luggage, this will create space for your souvenirs.

### TOILETRIES

- Shampoo, soap, deodorant, toothpaste and brush, hair brush
- Towel and washcloth
- Shaving kit
- Light make-up (be sensitive to cultural setting)
- Contact lenses / **solution** and extra case and / or glasses
- Sunscreen, insect repellent
- Powdered detergent in marked container
- Women – feminine hygiene products

### PERSONAL ITEMS

- Bible and journal
- Tote bag or backpack for day trips
- Gifts / giveaways
- Photos from home
- Flashlight (recommend LED flashlight for long battery life)
- Camera, film/flash cards, batteries, camera case
- Personal medications in prescription bottle
- Any over the counter needs ie: pepto bismol, Roloids, Imodium, aspirin/ibuprofen/acetaminophen, cough drops, vitamins, chapstick, gravol/travel tabs, ex-lax etc.

### THINGS TO DO

- Check with health department about suggested or required immunizations <http://www.cdc.gov/travel/camerica.htm#vaccines>
- Ensure all required documentation is in order. Travel releases, proof of citizenship, photo id, passport, immunization records etc. (put copies of docs in each piece of baggage)
- Exchange your Canadian money for US dollars. We can use atm machines in Mexico if necessary, but it's best to take what you think you will need for the whole trip.
- You may want to take out travelers insurance.