

North Texas Missions, Inc.

MISSION TRIP – PACKING LIST

- ◆ 2 - Duffel Bags – stenciled with permanent ink – name, address, zip and USA
Each may be no more than 62” combined – height/width/length added together for EACH bag.
- ◆ Carry-on bag – small with ID tag. Max: 14x22x9 Back Packs are perfect.
- ◆ Bible
- ◆ Pens or pencils
- ◆ Notebook – small for a diary
- ◆ Flashlight – bring extra batteries! They’re always needed in the clinics.
- ◆ Fanny pack
- ◆ Small camera(s) – extra batteries and film. Disposables work nicely. Take pictures of one another!
- ◆ Umbrella and/or rain poncho.
- ◆ Four sets of clothes you will work in. (Suggestion – place each set in separate plastic bags - makes it really easy to find.) Also, may consider OLDER clothes. You may wish to leave them behind. Ladies may wear pants and shorts are acceptable for travel and sightseeing.
- ◆ Two sets of other clothes (nicer) for travel and sight seeing.
- ◆ Shower shoes (flip flops)
- ◆ 2-3 bath towels
- ◆ 2-3 washcloths
- ◆ 1 bar of soap
- ◆ Shampoo
- ◆ Deodorant
- ◆ Toothpaste
- ◆ 2 toothbrushes
- ◆ Cap and/or sunvisor
- ◆ 2-3 pair of comfortable walking/gym shoes
- ◆ Insect repellent (higher the deet the better or Avon Skin-so-Soft)
- ◆ Sun block/sunscreen
- ◆ Sunglasses
- ◆ Band-Aids
- ◆ Toilet tissue
- ◆ Kleenex
- ◆ 3 packs of GATORADE POWDER – yes...you give these to the kitchen.
- ◆ Personal snack foods (crackers, raisins, protein bars, etc)
- ◆ String and tape for packaging. And for trip back stuff.
- ◆ Extra pair of glasses/contacts and solutions