

Portland

Sample Packing List

Please keep in mind that we are NOT encouraging you to buy special gear or clothing for this trip. Use what you have. Borrow the rest. Suggestion: You might want to get together with some of your team members and “share” items. For instance, if you plan on packing first aid supplies, one of you could bring Band-Aids, one of you could bring aspirin, etc. This is entirely up to you.

ONE MANAGEABLE BACKPACK OR DUFFLE BAG. We have limited luggage space for all of us, so please keep this mind!

BASICS:

- | | |
|---|--|
| <input type="checkbox"/> Bible | etc. Most will wear the same clothes everyday) |
| <input type="checkbox"/> Notebook/Pen | <input type="checkbox"/> Jeans (1-2 pairs) |
| <input type="checkbox"/> Water Bottle | <input type="checkbox"/> Comfortable walking/play /work shoes |
| <input type="checkbox"/> Chapstick/Lip Balm | <input type="checkbox"/> T-shirts |
| <input type="checkbox"/> Daily Medications (prescriptions must be in labeled packages) | <input type="checkbox"/> Underwear & Socks |
| <input type="checkbox"/> Travel Food/Money (<i>see “Additional Costs” section, pg. 5</i>) | <input type="checkbox"/> Work Gloves (1 pair of good one’s, or 2-3 pair of cheap ones) |
| <input type="checkbox"/> Small alarm clock | <input type="checkbox"/> Jacket/Sweatshirt |
| <input type="checkbox"/> Toiletry articles (keep it as basic as possible). | <input type="checkbox"/> Sleeping Attire (that you can wear in any situation...church floor, host homes, etc.) |
| <input type="checkbox"/> Towel/Washcloth(s) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Work clothes
(These will get dirty, possibly ruined – suggestions: old jeans, overalls, old t-shirts, | <input type="checkbox"/> Sweatshirt or long-sleeved flannel shirts |
| | <input type="checkbox"/> Flashlight & batteries |

GENERAL RULE: Modest clothing is best. Women: no tank tops, form-fitting or tight clothing, no skirts above the knees. Men: no earrings or tank tops.

WELL-PREPARED (These are in addition to “Basic” items. Remember, these items are optional.)

- | | |
|--|--|
| <input type="checkbox"/> Camera/Film | <input type="checkbox"/> Shorts (long & modest) |
| <input type="checkbox"/> Baby Wipes | <input type="checkbox"/> Hair ties, bandanas, hat, etc. |
| <input type="checkbox"/> Gum | <input type="checkbox"/> Gifts for children on the worksite (more details later) |
| <input type="checkbox"/> Souvenir Money | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Shower Sandals | |
| <input type="checkbox"/> Dirty Laundry bag(s) | |
| <input type="checkbox"/> Modest bathing suit (Women: 1-piece only) | |

GOING THE EXTRA MILE (In addition to “well-prepared”...these items are optional, not required.)

- Extra medications or first aid supplies
- Blood type card or information

