



## Suggestions on what to pack

### **Items for your carry-on bag:**

- Passport with Visa stamp plus an extra copy of your passport
- Plane ticket
- Identification
- International Certificate of Vaccination, if applicable. It is a yellow booklet required for entry into some countries. You can obtain one from your local health department or doctor.
- Money and/or credit card (check with your trip leader)
- Money belt or document pouch
- Notebook
- Toiletry items
- Medical supplies and medication
- Personal hygiene items
- Change of clothes
- Phone charger and/or portable power source
- Emergency phone numbers (trip leader should have a copy of every participant's emergency contacts and medical/health information)
- Copy of travel insurance policy (check with your trip leader for suggestions)

### **Items for your checked bag:**

- Additional toiletries and medication (i.e., anti-diarrhea medicine, aspirin, Band-Aids) you may need during your stay
- Toilet paper and facial tissues
- Moist towelettes
- Bath towel and washcloth
- Water bottle
- Iodine tablets/drops or other water purification system, if applicable
- Sunscreen
- Insect repellent
- Sleeping gear (i.e., sleeping bag)
- Flashlight with extra batteries
- Small sewing kit
- Utility tool knives
- Zippered plastic storage bags

### **Mission Toolkit: Short-Term Mission**





## Great mission trips for leaders

- Several pairs of pants or long skirts, depending on how many days you plan to be there. Research local customs to make sure you don't bring something inappropriate (i.e., shorts or short skirt)
- Short- or long-sleeved shirts. Again, research local customs — sleeveless shirts may be considered inappropriate
- A couple pairs of comfortable shoes and/or sandals and closed-toed shoes (i.e., sneakers)
- An outfit appropriate for church
- Several pairs of underwear and socks
- Brimmed hat for sun protection
- Rain gear, such as a poncho or rain jacket
- Hooded jacket and/or sweater
- A Bible
- Notebook or Scripture journal  
*(See page 21 of the "Workbook for Short-Term Mission Trips" for more details about journaling during your trip.)*
- Pens and/or pencils
- Camera with flash and extra batteries
- On-the-go snacks (i.e., granola bar or nut mix)

### **Additional items to bring:**

- Patience
- Humility
- Flexibility
- Sense of humor

### **Leave behind:**

- Stereotypes, prejudices and assumptions
- Concerns, stress and work (as much as possible)

When in doubt about what to bring, contact your trip leader. The leader should be in touch with the host and know what would be necessary or acceptable to pack.

*For an alphabetical listing of all items you can or cannot bring, visit [tsa.gov/travel/security-screening/whatcanibring/printable](https://www.tsa.gov/travel/security-screening/whatcanibring/printable).*