

BOLD HOPE MISSION TRIP PACKING LIST

This is a general list and is meant to be broad to cover possibilities for teams serving in many locations - please note country specific items at the bottom of the list. In order to be mindful of cultural differences, we ask you to keep these suggestions in mind as you pack. In general we do not have access to washing facilities, please pack accordingly.

Clothing

- Dress clothes for church
 - Men: dress pants/collared shirt
 - Women: modest dress, skirt/pants/shirt
- Modest summer clothes*
*may include painting or construction projects
 - Tank tops are fine, no bra exposure, mid-thigh length shorts
- Lightweight sleepwear
- Undergarments
- Modest bathing suit (no bikinis)
- Closed toe / tennis shoes & socks
- Sandals / flip flops
- Water shoes
- Rain gear or jacket

Travel needs

- Passport & copy of passport
- Flight information / tickets
- Intended address in foreign country
- Medical information / insurance card
- Vaccination card / Neg. COVID test (if required)
- Personal snacks
- Cash (new \$1s & \$5s) - souvenirs/travel meals

Snack Suggestions

- Gum
- Trail mix / nuts
- Energy / granola bars
- Jerky
- Peanut butter
- Powdered drink mix
- Pop tarts

Personal Items

- Personal medications/vitamins
- OTC medications
- Malaria pills (if necessary)
- Anti-diarrhea medication
- Insect repellent
- Sunscreen
- Hand sanitizer / wet wipes
- Aloe
- Towel - beach / swimming
- Laundry bag
- Toiletries
 - Razor
 - Deodorant
 - Shampoo/conditioner
 - Toothbrush/paste
 - Extra contact lens solution

Other items

- Bible / journal / pens
- Water bottle (insulated recommended)
- Backpack / bag for daily use if desired
- Hat / bandana
- Sunglasses
- Work gloves / safety goggles
- Flashlight
- Ear plugs
- Headphones
- Charging cables
- Card games / travel games
- Twin sheet - Hotels may have shared beds, bring a sheet if that be more comfortable

PACKING TIPS:

- See something on the list that you don't use even in normal life? Don't bring it just because it says to.
 - Use packing cubes or gallon zip lock bags to keep your suitcase organized and fit more items.
 - Going to have roommates on the trip? Plan accordingly and share products like shampoo/conditioner or sunscreen/bug spray.
 - Plan your clothes - If you shower after a long work day but still have the evening to be with the team, wear the clothes you're planning to wear the next day. This saves having to have multiple clothes for each day.
 - If you are packing in a checked bag, be sure to include essentials like a change of clothes, medications, deodorant and a toothbrush in your carry-on.
 - Bring a lightweight travel blanket or something that can keep you warm on the plane or in a cold hotel room.
 - Packing in carry-ons as a team? Have a joint checked bag or two for everyone's liquids that don't meet carry-on restrictions.
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COUNTRY SPECIFIC PACKING:

Jamaica

- Women: must have to the knee or below skirt or shorts/pants and covered shoulders for Blossom Gardens Children's home

Mexico

- We recommend bringing some warmer clothing for cool mornings and evenings