

Quiet Hour Ministries Mission Trip Packing Checklist

Construction work clothes and gear

- Old long pants or jeans
- Old t-shirts and long sleeved shirts
- Work boots or heavy-duty shoes (preferably with reinforced toes)
- Tennis shoes
- Hat or cap for sun protection
- Leather work gloves
- Goggles for eye protection
- Brick trowel (useful if you have one)
- Other tools (as applicable)

Medical clothes and gear

- Scrubs, smocks, or lab jackets
- Eye protection
- Stethoscope and any other diagnostic instruments you like to use
- Name tag (if you have one)
- Clinic & health expo equipment/supplies (as applicable)

Speakers

- Women: Long skirts/dresses with sleeves (no slacks or sleeveless tops)
- Men: Dress slacks with a dress shirt and tie
- Laptop with sermon DVD/synchronizer software
- Hard copy of sermon notes
- Jesus movie
- Small flashlight

Children's ministry

- VBS program materials
- Small gifts (stickers, little stuffed animals, etc.)

Non-work clothes

- Modest, simple casual clothes (jeans & capris OK)
- Light jacket for cool evenings
- Women's Sabbath attire: skirts below the knee or dresses with sleeves and dress shoes. (no sleeveless/spaghetti straps or flip flops for church.)
- Men's Sabbath attire: dress slacks and ties
- Modest sleepwear
- Robe (suggested)
- Underclothes and socks
- Tennis or walking shoes (comfortable)
- Flip flops

Personal items

- Bible
- Toiletries (hotels are not likely to provide any)
- Hand sanitizer
- Insect repellent and anti-itch cream for bites
- Sunscreen (SPF 15 or greater with UVA and UVB protection)
- Sunglasses and wide brim hat (for sun protection)
- Reusable water bottle for drinking water

Miscellaneous

- Photocopy of passport and itinerary
- Alarm clock
- Small flashlight
- Mission team t-shirts and journal
- Lightweight day pack
- Small container of laundry detergent for hand washing a few articles of clothes
- Lightweight towel set (needed on some trips. We will advise you on whether or not your particular lodging provides towels for your use)
- Spanish-English dictionary (for Spanish-speaking countries)
- Snacks
- Record of credit/debit card numbers and card company contact info (if you bring cards, in case wallet is lost or stolen)
- Extra clothes or stuff to give away (optional)

Carry-on bag

- Passport and e-ticket
- Prescription medications and personal medical supplies (medicines in original bottle and copies of your prescriptions, insulin supplies, inhaler, EpiPen, antibiotic for travelers' diarrhea. Needles or syringes such as for diabetes require a letter from your doctor on letterhead stationery.)
- Over-the-counter medications and supplements (such as cough/throat drops, decongestant, motion sickness medicine, charcoal, Imodium, or Pepto-Bismol for diarrhea, mild laxative, acetaminophen, aspirin, or ibuprofen for pain/fever, vitamins, melatonin, probiotics, others as needed)
- Prescription eyeglasses/contacts
- Camera
- One set of clothes (in case your luggage is lost/delayed)
- Wallet (take out everything except what is needed)
- Money for personal spending and love offerings (only new-looking bills. No worn, torn, written-on, or defaced bills.)
- Notarized Parental Consent form (for under 18 years old)

Additional items

- _____
- _____
- _____
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- _____

We will advise participants of any other items suggested or required for each particular trip as the need arises.

Do NOT bring

Knives, firearms, military-type camouflage clothing, inappropriate reading material, or jewelry other than wedding rings.