

# Suggested Packing List/Guidelines

## Overall Packing Goals

- Pack as light as you can. You must be able to carry ALL of your own luggage by yourself (be prepared to go up and down stairs if needed). Get a light suitcase.
- Pack outfits that don't wrinkle and that you can mix and match with other outfits. Plan to wear clothes multiple times and assume you won't be doing laundry unless your team leader tells you otherwise.
- Pack no more than 1 checked bag and 1 carry on (Double check the weight/size limit with your team leader).
- Bring layers so you will be comfortable in a variety of climates.
- Plan to keep all belongings of value on you at all times either in your pockets, money belt, or a small shoulder bag.
- Check with your host for what is and is not appropriate dress for where you're going (this includes clothing, make up, jewelry, etc.)

## Outfit Guidelines

- Please remove all facial or non traditional ear piercings for the entire trip.
- No hats during church services.
- When in doubt, dress a bit nicer for ministry times as people outside of the US typically dress up to go to church.
- Casual dress for the schools or villages during the day is fine. This means close toed shoes, pants or jeans, t-shirts, and even a baseball cap are all OK. Both men and women can wear long pants/jeans in these settings.

## Brazil, Plan Outfits for:

- 2 full travel days
- 8 days worth of casual outfits for schools/village, kids ministry, rest days/time at hotel, etc.
- 8 days worth of ministry outfits for volunteer training, crusades, etc.

Sat - Travel Day  
Sun - Travel Day/Rest & Speak in Churches  
Mon - Schools & Volunteer Training  
Tues - Schools & Volunteer Training  
Wed - Schools & Volunteer Training  
Thur - Schools & Crusade  
Fri - Village Outreach & Crusade  
Sat - Kids Crusade/Leaders Meeting, Youth Event, Crusade  
Sun - Rest & Speak in Churches  
Mon - Travel Day

## Women's Clothing

You'll need to have:

- Shirts with your shoulders covered (which means short sleeves: NO spaghetti straps and NO wide strapped tank tops) and high neck lines (aka no cleavage). These should be nice blouses or dresses for ministry in the evenings and can be t-shirts for schools and villages.
- Your middle should be covered at all times even when arms are extended above your head.
- Practice putting your arms up like in worship and bending over like you're ministering to someone to make sure your stomach stays covered and your shirt is still modest on top.
- If you want to wear tank tops buy a small short sleeved "shrug" jacket to wear over them.
- Dresses/skirts need to land 3 inches under your knee or longer and must be worn for all evening and church related ministry settings. You can wear them for schools and village outreach but don't have to.
- Pants are okay for schools and villages. Capris are ok for at the hotel. Don't wear shorts, not even at the hotel.
- Don't wear anything too tight or form fitting.
- Please do not wear a lot of jewelry (your wedding ring is fine) or an excessive amount of makeup as it is against the church traditions in most areas we go to.
- If you bring a purse have one small enough that you can keep it on you while ministering. Please don't carry a back pack with you during ministry time as this is very informal.
- When in doubt just follow the "4 B's" = no boobs, butts, or bra straps, and everything sits well below the knees.

***These numbers are just guidelines. Please pack for what makes sense for you.***

- 5-7 Dresses or long skirts (Ex. 2-3 skirts and 3 dresses)
- 5-8 Blouses (depending on how many skirts vs dresses and if you'll wear some twice)
- 1 "shrug" jacket (optional) (if you want to wear over tank tops to make them more modest)
- 2 Pairs of jeans or casual long pants (for traveling and school/village ministry)
- 1 Pair of comfortable, preferably close toed, dress shoes to wear with skirts/dresses (make sure they are comfortable to stand in for a few hours)
- Flip Flops/Shower Shoes/Sandals (to wear around the hotel)
- Close toed walking shoes, can be tennis shoes (for school/village ministry)
- Capris if you want at the hotel
- 5-7 Nice T-shirts/Nice casual tops (for travel days, school ministry, etc. and plan to wear some twice)
- Modest 1 piece or modest tankini swim suit
- Socks & Underwear
- Pajamas
- Light Raincoat, Poncho or Small Travel Umbrella (depending on weather)
- Light Jacket (for plane and/or air conditioning if you get cold)
- Sweatshirt (for plane or hotel)
- Belt (if needed)

## Men's Clothing

*These numbers are just guidelines. Please pack for what makes sense for you.*

- 4-5 pairs of Khaki's or dress pants
  - 5-7 nice collared shirts for ministry times (button up or polo)
  - 5-7 Nice T-shirts/casual shirts (for travel days, school ministry, etc.)
  - 2 Pairs of jeans or casual long pants (for traveling and school/village ministry)
  - Shorts for around the hotel
  - 1-2 Nice shirt(s) and tie(s) for the Sunday church service. If you will be speaking in a church you may have to wear a tie or even a suit.
  - If you are going to speak at any of the conferences, please wear a suit.
  - 1 Pair of comfortable dressier shoes for ministry times
  - Flip Flops/Shower Shoes/Sandals (to wear around the hotel)
  - Close toed walking shoes, can be tennis shoes (for school/village ministry)
  - Socks & Underwear
  - Pajamas
  - Light Raincoat, Poncho or Small Travel Umbrella (depending on weather)
  - Light Jacket (for plane and/or air conditioning if you get cold)
  - Sweatshirt (for plane or hotel)
  - Belt (if needed)
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## Carry On Bag

- Pack at least 1 full days change of clothes in your carry on in case your luggage gets lost.
- Passport & Wallet (Ideally carry these on your person in a travel money belt)
- Travel pouch or belt for passport/money to keep on your person at all times.
- Tickets
- Travel Insurance
- Important medicines like prescriptions or sleep aids
- Toiletries such as deodorant, toothbrush, toothpaste, contacts & solution and a comb/brush.
- Make sure all carry on liquids fit in one single quart sized zip lock bag.
- Ear plugs
- Eye mask
- Travel pillow (blow up ones store nicely).
- Compression socks if your ankles swell. (Put these on before the flight. The tighter you buy the more they'll reduce swelling.)
- Comfy sweat pants and slippers/thick socks are nice to change into on long flights (but change back into appropriate "street clothes" before getting off the plane).
- Electronic devices (never pack a lap top in a checked bag. Bring valuables at your own risk).
- Snacks

## Electronics

- Power Converter and/or Adapter

Any charging devices with a power box will convert power for you. If you want to bring items like flat or curling irons you'll want to purchase a converter so you don't destroy them.

- Phone Charger
- Computer/I-pad Charger (Bring valuables at your own risk).
- Camera

## Medicine (This is a possible list of suggestions)

- Air Born, Emergence C, or Thieves oil to prevent/fight off small colds
- Anti-Acid (Tums, Zantac, etc.)
- Anti - Diarrhea Meds - Chewable Imodium and a prescription just in case of bad travelers diarrhea.
- Pepto Bismol (chewable) or activated charcoal pills (Either can be taken before meals as preventative)
- Non refrigerated probiotics (Start taking at least a week before the trip)
- Anti-inflammatory (Advil, Tylenol, etc.)
- Antihistamine (Benadryl, etc. - can also be used to help sleep)
- Decongestant (Sudafed, etc. – for colds)
- Band-Aids/ Antibiotic Ointment
- Hydration powder (Gatorade or other electrolyte powder if you get dehydrated)
- Motion sickness pills (if you get motion sick)
- Multi Vitamins
- Sleep aid
  - Natural ones like Melatonin (pills or spray – valley natural has a great spray)
  - Stronger ones like Benadryl or Z Quil or you can get a prescription.
  - Test any sleep aids before traveling to see how you react to them.

## Money

*You'll want to bring some spending money for snacks & souvenirs.*

*DON'T bring traveler's checks. They are a pain to cash.*

- Debit card (You can get cash from ATM's while traveling though you will almost certainly have to pay a fee.)
- Credit card
- Cash – can be exchanged in country or you can get currency at your local bank before you go. Some countries exchange 20's, 50's or 100's better so check with your team leader. Usually crisp new bills are best.

## Toiletries, Etc.

- Brush/Comb
- Shampoo
- Conditioner
- Soap
- Toothbrush & Toothpaste
- Floss
- Deodorant
- Sunscreen (spray on works great and you can get a travel size bottle) & Aloe Vera
- TP/Kleenex (Depending on location, multiple travel packs of Kleenex work great as TP)
- Hand Sanitizer and/or Wet Wipes (keep this and travel Kleenex/tp with you at ALL times)
- Contacts, case & solution
- Glasses & Clip on Sunglasses (Even if you don't normally wear them, bring them just in case)
- Sun Glasses
- Washcloth (Fast Dry ones work best and most 3rd world hotels don't give you one)
- Fast Dry travel towel (If traveling to more remote areas your leader will tell you if needed)
- Face wash
- Bug repellent
- Chap Stick
- Feminine Items
- Hair dryer, Curling Iron, Flat Iron (Don't bring if you don't feel like you really need to. Consider sharing with others in your room and make sure you have a power converter)
- Razor (In checked bag)
- Shaving foam/gel
- Hair Spray
- Make up
- Nail Clippers
- Q-Tips and/or Cotton Balls

## Misc.

- Bible
- Hat
- Journal
- Water Bottle
- Mini tide packets if you want to wash clothes in the sink (many hotels let you send out for laundry for an additional expense but it may take a day or 2).
- Pen
- Storage/Plastic bags
  - Ziploc gallon & quart for storing/sorting items
  - Garbage bags or dollar store mesh bags for dirty clothes
  - Zip up cube storage bags work great for use trip after trip

Snacks – great to have on hand if you’re up in the middle of the night or the meals aren’t agreeing with you. Here are some items that travel well:

Fruit leather, fruit roll ups, fruit snacks

Trail mix

Granola or cliff bars (Cliff protein bars have the most protein and are like a glorified candy bar)

Beef Jerky

Swiss army knife (as long as its in your CHECKED bag)

Sun Glasses

Language & Training Handouts/Missions Manual

## Packing Tid-Bits

- Roll instead of fold your clothes and put them in bags or cubes to better organize
- Weigh all bags before going to the airport
- If you are allowed to bring 2 checked bags check only 1 but bring a light weight collapsible bag that you could check with extra souvenirs on your return flight. NEVER bring 2 checked bags into a country and be aware that you may need to pay for a 2nd bag on your way out depending on the airlines so be aware before buying 100 souvenirs.
- You can buy small empty bottles so you can bring your regular shampoo, soap etc. or just buy travel size items. All of these items are in the travel section of Target/Walmart.
- Make sure to put all liquid in air tight bags so if they explode you won’t ruin all your clothes.
- If bringing a guitar, de tune it so the neck won’t break with pressure change and you can even pack clothes around the neck for extra security (If checking it in a hard case).