

## MISSION AT NATUVU CREEK RECOMMENDED PACKING LIST

### PRE-FLIGHT / CARRY-ON

Fiji Airways allows **one 66 lb checked bag for economy class** (two for business class), **one 15 lb. carry-on**, and **one personal item**, like a purse or small backpack. **PLEASE USE A LARGE SUITCASE AND PACK LIGHT!** If there is any extra space in your suitcase, you'll be asked to carry supplies for the Mission. In your carry-on, any fluid or paste must be in a container no larger than 3 oz and must be in a clear plastic zip-lock bag. Also for your carry-on:

- ☐ **Snacks:** You can pack any snack for the flight you want, but be sure to consume or discard any fruits, vegetables, or meats BEFORE you reach Fiji.
- ☐ **Medications:** In their original bottles if possible, labeled is best. Always bring a few extra days of medications in case your flight home is unexpectedly delayed.
- ☐ **Documents:** Have envelopes with copies of your passport, contact information and travel documentation. Keep one copy with you, one in your packed bag, and leave a copy at home.
- ☐ **Bathing Suit in Ziplock Bag:** If you have a long layover between flights, there is a hotel close to the airport where travelers can eat and use the pool while they are waiting for their next flight.

### MISSION STAY

- ☐ **Clothing:** Shorts, capris, pants or skirts, T-shirts or shirts, PJs, swim suit, windbreaker or rain jacket. Long sleeves and pants if you plan on hiking. All items should be LIGHTWEIGHT.
  - **For Clinic:** modest clothing (as mentioned above) or scrubs. We do have scrubs at the clinic in most sizes if you want to borrow them.
  - **Shoes:** Sneakers or other sturdy closed-toed shoes for walking/hiking, sandals or flip flops that can get wet, and water shoes if you will be going in the ocean.

**NOTE: It is a modest culture and we maintain a modest standard, so no "short-shorts" strapless or spaghetti strap tops, and no bikinis or "thong" bathing suits.**

- ☐ **Large Plastic Bags.** To hold wet clothes and towels after a boat ride or water excursion.
- ☐ **Backpack:** A small backpack for excursions.
- ☐ **Lightweight Beach Towel.** Please do not take the Mission bathroom towels out of the room.
- ☐ **Refillable Water Bottle.**
- ☐ **Small Umbrella** (if desired) Rain is usually light and fast, but it does rain frequently.
- ☐ **Sunglasses**
- ☐ **Garden Gloves** for possible outdoor work. (Feel free to donate these when you leave!)
- ☐ **Flashlight** or phone with flashlight – important... it's dark at night!
- ☐ **Phone Charger & Electricity Converter** (240 V – same as Australia). **Should have a surge-suppressor.**
- ☐ **A Suitcase Lock.** The Mission is safe, but there are no locks on the doors. Please keep money, passports, and any valuables in your locked suitcase in your room if they are not with you.
- ☐ **Goggles and/or snorkeling gear** (we have some to lend, but feel free to bring your own).
- ☐ **Snacks** for your room (if desired) - keep them in sealed Ziplocs or Tupperware. Usually okay is trail mix, granola bars, anything that's canned. Fiji will not allow fresh fruits, vegetables or any meat products. Don't get caught in customs with undeclared, unallowed food in your suitcase!

- ❑ **Money:** You won't need money at the Mission, but it's good to have some traveling cash on hand or money for souvenirs. You can order Fiji dollars from your bank with a few weeks advance notice, or you can exchange U.S. dollars at the airport upon arrival if you have a long enough layover. If not, no worries. Most all vendors accept U.S. dollars.

### TOILETRIES and MEDICATIONS

- ❑ **Contact Lens Solutions** if you wear contacts
- ❑ **Tooth brush/toothpaste**
- ❑ **Bug spray and Bug Bite Cream** – Avon Skin So Soft Bug Guard or lemongrass spray works great and are non-toxic. A DEET spray is recommended for jungle hiking if you are a hiker.
- ❑ **Coral-Reef Safe Sunscreen** (Protect the reef! Look for sunscreens that are labeled as “reef-safe, mineral, or organic”). You can Google brands that are safe.
- ❑ **Antifungal and Antibacterial Ointments** in case you get a scratch or bite.
- ❑ **A Prescription Z-Pack** in case you get sick and need an antibiotic.
- ❑ **Shampoo / Conditioner/ Body Wash.** We do provide these basics, but many guests like to use their own brands.

### DONATED ITEMS FOR THE MISSION AND COMMUNITY

There is no requirement or expectation of donated items, but some guests want to bring donations.

- ❑ Feel free to donate any family-friendly games – NO PLASTIC TOYS.
- ❑ Any materials for the school, like pencils, workbooks or notebooks.
- ❑ Non-expired staples for the pharmacy, like Tylenol and Motrin, antifungal and antibacterial creams, band aids, eye drops, etc.

### THINGS NOT TO BRING

- Hair Dryers, Curling Irons, Straighteners. They are an impact on the generator. It's tropical and humid, so they won't do you any good anyway!
- Heavy clothes like jeans and sweaters
- Toys. It's tempting to bring toys for the kids, but this is discouraged as it creates jealousy. Additionally, there is no way to recycle on our island, so plastic toys will end up in the ocean.
- Alcohol or tobacco products (unless you are bringing it for an extended stay at another property, in which case keep it unopened and locked in your suitcase until you reach your next destination). **The Mission is Alcohol, Drug, and Tobacco free.**
- Drugs. Cannabis (marijuana) is illegal in Fiji and possession can result in severe penalties. Leave cannabis products, including CBD products, at home. If illegal drugs are found in your possession at the Mission, you will be asked to leave immediately (with no refund).
- Expensive Jewelry. Fiji dress is casual and often doors are not locked on the islands. You'll be on airplanes, boats and buses. You'll be going into jungles and oceans. To prevent loss during travel, leave the expensive jewelry at home!

VINAKA and have a wonderful stay at the Mission!