

# Packing and Dress Guidelines



## DRESS GUIDELINES

### Dress for Church-

- Girls- Dresses or skirt/blouse. no pants
- Guys- Dress slacks & nice button-down or polo shirt. Unless you are preaching, then shirt and tie.

### Dress for Work & Play-

- Long shorts (mid thigh to knees) or long pants.
- Screened tee shirts are fine but no skulls or peace signs please.
- Girls- Tank tops are fine, but no spaghetti strap (no bar straps showing please)

### Dress for the Beach

- Girls- one piece or Tankinis. You will need to wear short even when swimming. Quick dry material shorts are great for this.

### Dress for Sleep

- Guys- Swim trunks
- Coed PJ's - something appropriate if someone of the opposite sex sees you :)

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Figuring out how to pack for travel is always a challenge. Cuba is even a more unique challenge because we have to take everything with us. There is no local Walmart to go buy whatever you forgot!

### For your personal items you can bring:

- 1 large suitcase (holding up to 50 LB)
- 1 carry on
- 1 personal bag (backpack, purse, briefcase or tote bag)

## Keep in Mind

1. It will be **HOT**-
2. We will have little privacy
3. Personal items should weigh no more than **50LB**. We will fill your suitcase up to **70LB** with donations.
4. Plan to leave anything and everything you can to bless the Cubans. Wear it and leave it.
5. Pack for Dress, Work & Play
6. Modesty :)

Note: Everyone will be taking a 2nd large suitcase down filled with "gifts" for your Cuban Brothers and Sisters. You may bring this bag filled with donations or we will give you a suitcase filled when you arrive to orientation.

## Clothing

- Shirts
- Jeans
- Shorts/Capri
- Dresses/Dress slacks
- Underwear
- Dress Shoes
- Tennis Shoes
- Flip-flops
- PJ's
- Bathing Suit

## Linens

- Sheets (twin or full)
- Pillow
- Towels
- Washcloths

## Books

- Bible
- Journal
- Book (your pleasure)

## Toiletries

- Toothbrush
- Toothpaste
- Floss
- Shampoo
- Conditioner
- Deodorant
- Perfume/cologne
- Powder
- Soap
- Scissors
- Tweezers
- Glasses
- Contact lenses supplies
- Sunscreen
- bug spray

## Paperwork

- Passport
- Credit Card
- Spending Money
- Drivers license

## For girls only...

- Make up
- Hair Products
- Fem. Produces
- Fingernail polish
- Polish remover

## Meds (your personal use)

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