

## San Pedro Sula, Honduras Packing List:

### **Clothing:**

- **7 t-shirts or lightweight tops** (breathable, tank tops that are modest and not athletic are acceptable)  
Please avoid T-shirts with large graphics, slogans, music groups, patriotic themes, political messages, alcohol or tobacco references, or anything that could be distracting or misunderstood. Simple, neutral shirts are best. Shirts with Christian messages or Scripture are acceptable, as long as they are respectful and modest.
- **1-2 pairs of pants** (lightweight hiking material, khakis, and jeans are all acceptable)
- **2-3 pairs of shorts** (modest length if appropriate for the mission work)
- **1 set of work clothes** (clothing you do not mind getting dirty, if needed)
- **1 set of church/meeting clothes** (modest, dress-casual attire)
- **Light jacket or sweater** (for airplanes, cooler evenings, or air-conditioned spaces)
- **7 sets of underwear and socks**
- **2-3 sets of sleepwear**
- **1 pair of comfortable walking shoes**
- **1 pair of sandals or slides**
- **Hat or cap** (sun protection)
- **Swimsuit** (ladies: modest one-piece swimsuit)

Please avoid athletic-style clothing for ministry activities. Instead, pack modest, casual clothing that is comfortable and respectful for serving on the mission field.

### **Toiletries:**

- Toothbrush, toothpaste
- Hairbrush or comb
- Shampoo and conditioner
- Soap or body wash
- Deodorant
- Sunscreen (high SPF)
- Bug repellent (preferably with DEET)
- Hand sanitizer
- Personal medications in original containers, enough for the entire trip plus extra
- Razor, shaving cream
- Feminine hygiene products (if applicable)

### **Essential Items:**

- **Passport** (must be valid for at least 6 months after travel dates, also keep a copy separate from the original)
- **Cash (US dollars) and a secure way to carry it** (e.g., money belt)
- **Credit/debit cards** (notify your bank about travel)
- **Reusable water bottle**
- **Daypack or small backpack** (for daily use)

- **Phone and charger** (know what your international calling plan provides; Honduras uses 110V, the same as the US)

**Optional:**

- Snacks (granola bars, trail mix)
- Camera
- Portable Charger
- Sunglasses
- Notebook and pen (for journaling or taking notes)
- Bible or devotional material

SAMPLES:

**MISSION  
TRIP**  
OUTFIT IDEAS



MODEST  
PRACTICAL  
COMFORTABLE  
PURPOSEFUL



TOPS WITH SLEEVES & CAPRIS
FULL-LENGTH PANTS, CAPRIS & MODEST SHORTS













POLO SHIRTS, BUTTON-DOWNS & KHAKIS, CHINOS, JEANS OR NEAT SHORTS – CLEAN, COMFORTABLE, AND FOR A DAY

**PERFECT FOR:**

-  CHURCH MISSIONS
-  WARM CLIMATES
-  TRAVEL & SERVICE
-  EVERYDAY MINISTRY



LIGHTWEIGHT  
FABRICS



BREATHABLE  
& COOL



MODEST  
& RESPECTFUL



EASY TO PACK  
& MIX



FOCUSED ON  
THE PURPOSE

DRESS WITH  
PURPOSE.  
SERVE WITH  
LOVE.



# MISSION TRIP

OUTFIT IDEAS



MODEST  
PRACTICAL  
COMFORTABLE  
PURPOSEFUL



SLEEVELESS TOPS & CAPRIS

LIGHTWEIGHT PANTS & MODEST SHORTS



POLO SHIRTS WITH KHAKIS, CHINOS OR NEAT SHORTS - CLEAN, COMFORTABLE, AND READY FOR ANY DAY

PERFECT FOR:

- CHURCH MISSIONS
- WARM CLIMATES
- TRAVEL & SERVICE
- EVERYDAY MINISTRY



LIGHTWEIGHT  
FABRICS



BREATHABLE  
& COOL



MODEST  
& RESPECTFUL



EASY TO PACK  
& MIX



FOCUSED ON  
THE PURPOSE

DRESS WITH  
PURPOSE.  
SERVE WITH  
LOVE.



Ideas for youth

**MISSION TRIP**  
**OUTFIT IDEAS**

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CONFIDENT  
 COMFORTABLE  
 PURPOSEFUL  
 YOU



RELAXED TEES, JOGGERS & CARGO PANTS

COMFY, MODERN & MISSION-READY



GRAPHIC TEES, ATHLETIC SHORTS & JOGGERS

EASY TO MOVE, BUILT FOR IMPACT

PERFECT FOR:

- ♥ YOUTH GROUP TRIPS
- ✦ SERVICE PROJECTS
- ⦿ SUMMER MISSIONS
- 📦 EVERYDAY FAITH



COMFORT  
ALL DAY



BREATHABLE  
FABRICS



EASY TO PACK  
& WEAR



MADE FOR  
ANYWHERE



LIVE YOUR  
PURPOSE

**BOLD FAITH.  
 REAL IMPACT.  
 BE YOU.**

# MISSION TRIP

## OUTFIT IDEAS

CONFIDENT  
COMFORTABLE  
PURPOSEFUL  
YOU



RELAXED TEES, JOGGERS & CARGO PANTS

COMFY, MODERN & MISSION-READY



GRAPHIC TEES, ATHLETIC SHORTS & JOGGERS

EASY TO MOVE, BUILT FOR IMPACT

**PERFECT FOR:**

- ♥ YOUTH GROUP TRIPS
- SERVICE PROJECTS
- SUMMER MISSIONS
- 📅 EVERYDAY FAITH

COMFORT ALL DAY

BREATHABLE FABRICS

EASY TO PACK & WEAR

MADE FOR ANYWHERE

LIVE YOUR PURPOSE

**BOLD FAITH.  
REAL IMPACT.  
BE YOU.**

# EVENING CASUAL OUTFIT IDEAS



COMFORTABLE  
MODEST  
RELAXED  
PRACTICAL



WOMEN: TANKS, TEES, LOUNGE PANTS, JOGGERS & MODEST SHORTS



MEN: BASKETBALL SHORTS, ATHLETIC WEAR, JOGGERS & LONG PANTS



BREATHABLE



EASY TO PACK



MODEST



COMFORTABLE



GREAT FOR  
EVENINGS



DRESS WITH  
PURPOSE.  
REST WITH  
JOY.



# CHURCH OUTFIT IDEAS



MODEST  
RESPECTFUL  
COMFORTABLE  
NEAT



WOMEN: MODEST DRESSES, SKIRTS, DRESS PANTS & REFINED TOPS



MEN: POLOS, BUTTON-DOWNS, CHINOS & LIGHTWEIGHT TROUSERS



MODEST



COMFORTABLE



NO JEANS



SANDALS  
OR SNEAKERS



CHURCH READY



DRESS WITH  
PURPOSE.  
WORSHIP  
WITH JOY.

# MODEST SWIM

## OUTFIT IDEAS



MODEST  
PRACTICAL  
COMFORTABLE  
RESPECTFUL



ONE-PIECE SWIMSUITS

ONE-PIECE + COVER-UP

SWIM TOPS & BOARD SHORTS



RASH GUARDS & SWIM SHORTS - COMFORTABLE, QUICK-DRY & SUN-SAFE



ONE-PIECE  
OPTIONS



BOARD  
SHORTS



RASH  
GUARDS



SUN  
PROTECTION



MODEST &  
PRACTICAL



READY FOR  
WATER DAYS

DRESS WITH  
PURPOSE.  
SERVE WITH  
JOY.

