

# ST Mission Trip Packing List

TRIP DATES \_\_\_\_\_

ESSENTIALS	
Bible, journal and pens	
Cash and debit/credit card	
Driver's license and passport	
Phone and charger	
Clothing	
Linens and toiletries	
Comfortable walking shoes	
Sunglasses/hat	
Spare glasses/contacts	
Gift for hosts	
Adapter plug and voltage converter	

THE NICE-TO-HAVES	
Camera	
Pictures of family/home	
Sewing kit	
Non-perishable snacks	
Reusable water bottle	

MEDICAL KIT	
Alcohol swabs for disinfection (individual packets)	
Band-aids, butterfly closures, gauze and tape	
Sunscreen	
Repellent with DEET	
Personal hygiene products	
Dental floss	
Vitamins	
Facial tissue in small packets	
Antihistamine for allergic reactions	
Cold medicine/nose spray or drops	
Cough syrup or lozenges	
Diarrhea medication	
Nausea and motion sickness medication	
Malaria prophylaxis	
Hydrocortisone cream	