

PACKING LIST

WHAT YOU SHOULD AND SHOULDN'T BRING

How should I pack?

FOCUS Missions hosts a variety of trips in diverse locations. The following list provides general recommendations that do not account for all circumstances. We realize that your own needs may differ from other participants, and expect that you will use your own judgement in deciding what to take.

Can I check a bag?

FOCUS Mission does not budget for checked bags on most mission trips. To avoid the risk of lost baggage we ask that all your items fit into carry on bags that you can easily carry through rough terrain. For trips longer than one week, check with your trip director to see if your group will be checking any bags.

Does it matter what I wear?

We do ask that you consider modesty when packing. Other countries have different standards of what is appropriate. Out of respect for their culture we ask men and women on mission to avoid shorts shorter than your fingertips, leggings, low-cut shirts, or spaghetti straps. Your trip may have additional requirements based on your region.

Still unsure what to pack? Talk to the missionaries on your trip or check out the "Missions Clothing Tips and Tricks Quick Start Guide" on the Trip Participant Page of our website for more in depth recommendations on what to wear while on mission.



What to Pack:

1. Important Documents

- **Your Passport**-You cannot leave the country without it!
- **Proof of Health Insurance**-Each trip's travel insurance covers medical emergencies only when you are **outside** the United States.

2. Clothing

- **Day Clothes**-Look at the local weather for your trip location before your trip to determine what type of clothes you'll need to bring. *You will receive a dry-fit mission shirt when you arrive at orientation.*
- **Warm Layers**-Needs will vary depending on the trip location.
- **Mass Outfit**-Certain locations and religious orders do not allow shorts, leggings, or exposed shoulders in churches.
- **Pajamas**-Many spaces on mission are communal. We expect basketball shorts and a t-shirt.
- **Rain Layer**-A rain jacket or poncho.
- **Swim Suit**-Board shorts are appropriate for men, and a one-piece suit for women. Please do not bring bikinis and speedos.
- **Shoes**-All trips require extensive walking. Bring sturdy shoes that are broken in and are comfortable for walking long distances.
- **Hat**-For warmth and/or to keep the sun out of your eyes.

3. Toiletries

Please pack all toiletries in carry-on sizes.

- **Common travel items**-Soap, tooth paste, deodorant, etc.
- **Personal Prescription Medication**
- **Personal Medication**-Ibuprofen, Imodium, Pepto-bismol, etc.
- **Extra glasses**-For those wearing contacts or glasses.
- **Feminine Products**
- **Sunscreen**
- **Chapstick**
- **Wet-Wipes**-Handy when showers aren't always available.
- **Band-aids and Neosporin**

4. Personal Items

- **Reusable Water Bottle**
- **Bible**-We ask that you do not use a bible app on your phone.
- **Rosary**-optional
- **Notebook and Pen**
- **Money Belt**
- **\$50 cash**-For personal expenses or souvenirs. Part of this should be in the currency of the trip location.

Personal Items Continued

- **Debit or Credit Card**-Notify your bank that you will be traveling, and ask if there are any fees with international use.
- **Ear Plugs**
- **A headlamp or small flashlight**
- **Plastic Bag**-For dirty or wet clothes.
- **Camera**-Using your phone is acceptable.
- **Games**-Cards or other travel games.
- **Electrolyte drink powder**-Especially for those locations with high humidity or high elevation to help with hydration.
- **Snacks**-If you have dietary restrictions, we expect that you will bring additional food in the event that our host is not able to accommodate you at every meal.
- *You will also receive a sturdy, draw-string missions bag when you arrive at orientation.*

5. Trip Specific Items

The Trip Director will notify all participants of items particular to your trip, work, and location a month before you depart. Below are items commonly added to the packing list, but please wait to purchase any items until you hear from the trip director.

- **Bedding**
- **Towel**-A quick dry towel is preferred.
- **Work Gloves**
- **Laundry Detergent**
- **Mosquito Net**

6. Do Not Bring:

- **Valuables**
- **Electronics**-Other than your cell phone.
- **Jewelry**-Even if it is fake.
- **Fancy watches**
- **Make-up**
- **Blow-dryers**
- **Curling-irons**
- **Money to give away**
- **Items to donate**-Some trips may invite you to bring donations, but this will be explicitly communicated to you from the trip director.

We look forward to having you join us on mission!