

MISSION CLOTHING

TIPS AND TRICKS

Before You Shop

We understand that mission trips can be expensive, and the thought of buying more gear for your trip may seem daunting. The good news is you shouldn't need to purchase anything to go on mission. Here are some tips and tricks from mission trip participants on how to be comfortable, look good, and not break the bank. *Check out the Packing List Quick Start Guide for a detailed list of what to bring.*



Selecting Your Gear

The best way to start packing is to gather as much information as you can about the your trip location, the local weather, and the type of work you will do. This will aid you as you decide what you need to be prepared while on mission. Here are six tips.



1. Dress in layers

- **Temperatures Vary**-Even in tropical locations evenings may be cool or be below normal when you are there. It is never a bad idea to pack an extra pair of pants, and a jacket. The jacket can double as a pillow on the plane ride, and keep you warm while waiting in the airport.
- **Gear Suggestion (coats)**-Layering jackets provides warmth without over-packing. Wearing a long sleeve shirt, sweatshirt, a rain jacket/windbreaker and a beanie is often as warm as a winter coat. This allows you to adapt to multiple temperatures and stay warm if it gets really cold.
- **Gear Suggestion (pants)**-If you own a pair of zip-off pants, these can be especially helpful in adjusting to changing temperatures, like cool mornings. Alternatively, layering sweatpants over basketball shorts can provide similar versatility.

2. Don't stress about "dry-fit" clothes

- **Pack Smart**-Dry fit clothes are best at keeping you dry and drying fast. This is particularly important if you are on a trip where you will need to wash your clothes. In most other circumstances on mission, wearing cotton instead of dry-fit is simply a matter of preference.
- **Gear Suggestion (cotton clothes)**-In hot environments, cotton can actually be the better choice as it will stay wet and that will help keep you cool.

3. Bring an outfit for church

- **Cultures Vary**-Many churches in our mission locations require those entering to cover their knees and shoulders, and we ask that you bring clothing that is appropriate. Since most trips will be in the chapel every day for mass or prayer, you may want to bring more than one outfit.
- **Gear Suggestion**-Polos, dressy tops, jeans, khakis, and maxi skirts are all appropriate.

4. Wear a hat

- **Beat the Sun**-A wide brimmed hat, baseball cap, headband, or bandanna is helpful for trips near the equator since the sun is stronger and you can burn more easily.
- **Stay Warm**-For trips to cooler climates, bring a beanie. It doesn't take up much room in your pack, and you won't regret having it if you need it.

5. Pick the right shoes

- **Know Your Trip**-Selecting the right shoe is one of the most important and often overlooked items of mission. Will you be walking through the mud or on sidewalks? Will you be doing construction or home visits? Will it be hot and humid or cold?
- **Limit Your Options**-Remember to pack light. You will not need more than two pairs of shoes on mission, and wearing athletic shoes or sandals in church is normal.



5. Pick the right shoes continued

- **Gear Suggestion (close toed shoes)**-In most cases a standard athletic shoe will suffice. If your trip is doing construction, a sturdier shoe is recommended.
- **Gear Suggestion (sandals)**-Flip flops or other sandals without backs are not recommended for use outside shower shoes, but sturdy outdoor sandals that don't fall off your feet are a great option.
- **Prevent Blisters**-Whatever shoes you bring on mission make sure you spend multiple days walking long distances in those shoes prior to your trip. Getting used to your shoes before the trip, even if they are broken in, can help you avoid blisters.



6. Be Frugal

- **Buying Gear**-If there is an item you must purchase for mission you can usually find the what you need without spending a fortune.
- **Ask Around**-Reach out to friends who have gone on mission, they might have an item you can borrow for your trip.
- **Go Thrifting**-A great option if you need additional clothing or are worried about ruining your nice jacket on mission.
- **Seek Advice**-Ask the missionaries on your trip where they get their gear for mission.

