

PACKING TIPS



Pack as lightly as possible! Use a maximum of one large bag (hard or soft) for clothes and one carry-on (backpack, etc.). Catholic Mission Trips, Inc., is not responsible for lost or stolen items. You are fully responsible for anything you take on the trip. It is recommended to label all personal belongings. Bring a can-do attitude and a smile!

Group Items:

- **First Aid Kit:** 1 for every 20 participants

Personal Items:

- **Plastic Bag and Clothes Bag:** A plastic bag is great to store dirty clothes.
- **Work clothes:** sneakers or work boots - no flip flop or sandals while working; pants (recommended) or basketball/gym shorts (shorts must be longer than fingertips) Plan on your clothes getting worn out.

- **Hat, visor, and/or bandanas; Sunglasses**
- **Water Bottle:** Hydration is very important. This should be reusable and stay with you all week.

- **Work Gloves**
- **Sunscreen and Insect Repellent**
- **Casual Clothes and Church Clothes:**

Sunday Mass is a dress up Mass. Modest, casual clothes are appropriate for social events (Shirts should have sleeves. Shorts can be no shorter than 2 inches above the knee. In some locations, shorts are not culturally appropriate. Please check with your Site Coordinator.). Swim suit, if your group is going to the lake or ocean on your free day. No 2 pieces.

- **Sleeping Bag or Sheets and Pillow:** You will be sleeping on the floor or in bunk beds, summer camp style. If you bring an air mattress, it must fit in your *one* bag. Please check with your Site Coordinator.

- **"Wet Wipes":** Shower in a Box! Shower facilities are limited in some locations. Please check with your Site Coordinator.

- **Toiletries:** Towels, Toothbrush/paste, etc.
- **Ziploc bags:** Store all perishable food items that you bring or purchase while on the mission properly; we don't want ants in the rooms!

- **ID:** Please bring at least one form of ID. If you are going on an international mission trip, you will need your passport.

- **Face masks:** in case of attending a public setting where required.

Suggested Items

- **Bible, Rosary, Liturgy of Hours, Notebook for journaling/reflectio time**

- **Flash Light**
- **Hammer/Your Tool Belt**
- **Carpenter's Pencil**
- **Safety Glasses**
- **Paint Brushes/Rollers**
- **N95 Painters' Masks**
- **Guitar and accessories** (Musician)
- **Camera and Extra Batteries**
- **Money:** snacks, souvenirs, etc.

Items to Leave at Home

- **Electronics:** computers, cell phones, iPods, headsets, radios, etc.

- **Pocket Knives**