

WHAT TO BRING CHECKLIST

LUGGAGE	OPTIONAL/RECOMMENDED
<p><input type="checkbox"/> Sleeping bag or bedroll, sheets and blankets (individual size), small pillow, and a mat or something to place on the floor under your sleeping bag (an exercise mat, a foam camping pad, or an air mattress). If you bring an air mattress, it should be camp size: 30 inches (76.2 cm) wide or less. You will be sleeping on a concrete or tiled floor. The sleeping bag and bedroll should be as light as possible. The temperatures will be about 76°F (24.4°C) in the daytime and 57°F (13.8°C) at night; it is usually dry.</p> <p><input type="checkbox"/> Suitcases: limited to one large suitcase and one carry-on item per participant (backpack, messenger bag, or roller bag to use during the second week). Choose suitcases that meet current airline standards and that are easy to manage by yourself.</p> <p>*Note: When you go out with your team the second week, you will leave your large suitcase behind. Be prepared to take your carry-on bag or backpack and your bedroll.</p>	<p><input type="checkbox"/> Camera, batteries, and/or charger (NOTE: The voltage is 110-120 V.)</p> <p><input type="checkbox"/> Battery-operated small fan</p> <p><input type="checkbox"/> Small sewing kit</p> <p><input type="checkbox"/> Cooling neck/head band (evaporating cooling bandana)</p> <p><input type="checkbox"/> Be a BLESSING! Bring \$50 extra to pay for a student's office.</p> <p><input type="checkbox"/> Bulletin board supplies: construction paper, markers, borders, pre-cut letters, shiny things, etc.</p> <p><input type="checkbox"/> Puppet supplies: puppets, felt for backdrop, dark king-sized flat sheet for puppeteer's curtain</p> <p><input type="checkbox"/> A pocket knife (put in your checked luggage)</p>
CLOTHING (Bring 5 days' worth of clothes)	PERSONAL/GENERAL
<p>Both Genders:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tennis shoes (2 pairs in case one gets wet) and socks <input type="checkbox"/> Flip flops or water shoes for use only to the shower <input type="checkbox"/> Safety glasses, ear plugs, hat (or bandana), and gloves (cloth or leather) for outside work <input type="checkbox"/> Lightweight jacket or sweater <input type="checkbox"/> Rain gear: lightweight raincoat or poncho and small travel-sized umbrella <input type="checkbox"/> At least one outfit (including shoes) appropriate for Sunday morning worship <input type="checkbox"/> Lightweight conservative pajamas with short sleeves <p>Male:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Full-length denim or durable work pants (at least 2 pairs) <input type="checkbox"/> Loose-fitting knee-length shorts are acceptable (no biker shorts or sweat shorts). Length must be below the knee. <input type="checkbox"/> Short-sleeved shirts (no secular slogans/words/graphics) <p><i>Note: DO NOT BRING excessively baggy or tight shorts or pants, cutoffs, tank tops, or sleeveless shirts. No facial hair is permitted for young men. No piercings.</i></p> <p>Female:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Skirt or culottes (skirt-like in appearance)—Length must be below the knee. Denim is acceptable. <input type="checkbox"/> Short-sleeved shirts or blouses (no secular slogans/words/graphics) <p><i>Note: DO NOT BRING shorts, gauchos, capris, pants, halter tops, form-fitting shirts, low-cut blouses, or sleeveless shirts. Keep makeup and jewelry to a minimum; no facial piercings. Please do not bring electric curling irons, straighteners, or blow dryers.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Bible, pen, and notebook—Bring a real, physical Bible with paper pages for devotional time as <u>mobile devices may not be used in devotions</u>. <input type="checkbox"/> Bring your own personal first aid kit, including anti-diarrheal, insect repellent, and itch relief. Bring any medicine you take regularly or might need. <input type="checkbox"/> Sunscreen <input type="checkbox"/> Spending money in small bills (keep in a money belt or zippered bag)—\$40 is suggested. Exchange your money to Mexican pesos in the airport. <input type="checkbox"/> Small flashlight, extra batteries <input type="checkbox"/> A pair of scissors, medium-sized paintbrush, and a permanent marker or markers <input type="checkbox"/> A refillable water bottle and a coffee cup or thermos (needed for coffee, hot drinks, or soup)—You will be provided a dish, a fork, and a spoon to use. <input type="checkbox"/> Two small, lightweight bath towels and two washcloths <input type="checkbox"/> Toiletries and personal items: toothbrush, soap, shampoo, deodorant, hand sanitizer, and other essentials—Bring small or travel-sized items! <input type="checkbox"/> Plastic or net bags for dirty laundry, laundry detergent for washing by hand, at least 10 clothespins for hanging clothes, and 8 feet of parachute cord or strong string (for tying knots or hanging clothes)—A washing machine may be available for large clothing items.

NOTE: DO NOT BRING secular magazines, music, or books. DO NOT BRING games or toys. Headphones or earbuds cannot be used during the day.