

## Packing for your trip

What do I put my clothing in?

- Hiking backpack **OR for Mexico a suitcase**
- Bring a smaller school type backpack for your carry on.

How much can it weigh?

- not over 50 lbs - you must be able to carry it yourself

**WHAT TO BRING ----- WHAT NOT TO BRING**

- No clothing advertising alcohol, tobacco, secular music
- No THONGS - we're not talking about flip flops
- No body piercing, no jewelry needed



long like boys



No short shorts



boys please wear a shirt at all times.



no skinny straps



wide mouth water bottle



Need to have a wide mouth



no skinny pants



long loose fitting skirt



No clinging see through skirts

Continued

## MEXICO

- Athletic/Gym Shorts (long, to your knees) for practicing the drama, sleeping in, and under your costume
- T-Shirts
- 1 Pair regular jeans, **no skinny jeans**
- Undergarments & socks
- Sweatshirt or jacket (**it could be cold**)
- WHITE LONG SLEEVE T-SHIRT**
- Black Tennis Shoes - You will wear these for the drama and walking.
- Clothing to sleep in (shorts and T-shirt or long sleeper pants)
- Girls - long dress or skirt and shirt (loose) - you will wear it for church
- Boys - pair of pants - casual pants and polo style shirt for church
- Rain poncho or rain jacket
  
- Pepto-Bismol or Imodium (tablets preferable to liquid)
- Tylenol or Ibuprofen (**whatever you are used to taking**)
- Sinus medicine for changes in climate
- Medication prescribed from your doctor. Please let your leader know you have them.
  
- Toothbrush and Toothpaste
- Shampoo
- Soap - If liquid put in plastic bag, bar soap is easier
- Towels & washcloths 2-3 (If they are light weight they will dry faster)
- Deodorant
- Girls: Feminine products (**bring extra**)
- Sunscreen
- Toilet paper - 1 rolls (take the cardboard out and smash it down)
- Lip Balm
  
- Sleeping bag and pillow
- Alarm clock (battery operated)
- Water Bottle - 1 liter
- Bible, paper (notebook) pens
- Small Flashlight or headlamp
- Passport

### Suggested Items

- Camping pad is best or pool size air mattress. You might be on the floor. Nothing big.**
- 1-2 small packages of Kleenex**
- 1 small hand sanitizer**
- Shower shoes (flip flops)**
- Camera**
- Granola bars, trail mix, etc.**
- Band Aides**