

Packing for your trip

What do I put my clothing in?

- Hiking backpack
- 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



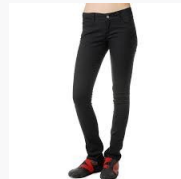
wide mouth water bottle



Need to have a wide mouth



no skinny pants



long loose fitting skirt



No clinging see through skirts



Modest



no two piece

Continued

Packing

Gambia

- Athletic/Gym Shorts (long, to your knees) that can be worn for sleeping or while at the hotel or on the free day.
- T-Shirts (3-5) will be worn each day. Please make sure they are loose fitting.
- Regular jeans or lightweight trail pants - **it will be hot**
- Girls for Gambia wear Capri's in the clinics
- Scrub pants & scrub shirts can be work in the clinics, but are not required.
- Undergarments & socks
- Light rain Jacket or poncho (It will rain.)
- Clothing to sleep in (shorts and T-shirt)
- Girls - 1 long dress or skirt and shirt (loose) for church
- Boys - 1 pair of pants - casual pants and polo style shirt for church
- Sandals ---- The sandals need to have straps. (we recommend Chacos or a similar type)

- Pepto-Bismol or Immodium (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.

- Malaria medication is required for all on trip

- 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)
- Sleeping bag **light weight** and pillow
- Alarm clock (battery operated)
- Laundry soap - small bag or powder soap
- Water Bottle - 1 liter
- Bible, paper (notebook) pens
- Small Flashlight or headlamp
- Insect repellent with deet
- Any Medical tools
- **Passport**

- 1 small hand sanitizer ,
- Shower shoes (flip flops)
- Conservative swimsuit - girls one piece
- Camera
- Gatorade powder or flavoring for water if you prefer
- Granola bars. trail mix. etc.

- 3-4 small packages of Kleenex
- Band-Aids

This section is suggested items