

Suggested Packing List

- 1- Cash - Travelers Checks are not accepted. Vendors do not typically accept credit cards. Take only the amount to be spent during travel to/from Mexico (souvenirs, snacks, meals, etc.).
Credit/Debit Card - These can be used in the airport and at ATM's to obtain Mexican Pesos (typically for a fee). Be sure to **notify your credit/debit card company** of the dates you will be traveling
REMOVE all non-essential credit cards, identification cards, and other items from your wallet
- 2- **Passport and a minimum of 2 notarized copies of the photo page**
Place 1 copy in your carry on and give 1 copy to the team leader
- 3- Bible, pen, and notepad and/or journal book
- 4- Camera
- 5- Comfortable working /walking shoes
- 6- Sunglasses
- 7- Sunscreen
- 8- Hat for protection from the sun
- 9- Light poncho / rain jacket for the afternoon showers
- 10- Toiletries including soap, toothpaste, lotion, and shampoo, toilet seat covers, toilet paper (easily accessible in your back pack). Restrooms RARELY have toilet paper. ALL LIQUIDS AND GELS MUST BE 3.4OZ (100ml) OR LESS AND ALL MUST FIT INTO ONE CLEAR QUART-SIZE BAG.
- 11- Small flashlight / reading light (extra batteries)
- 12- Hair dryer - (110/220) USA 110 plugs
- 13- Snack foods / zip loc bags
- 14- Hand wipes and/or hand sanitizer (liquids must be 3.4oz or less and carried in the ONE quart-size bag)
- 15- Personal medicines as needed (in original packaging / container)
- 16- Band Aids & small First Aid kit (at least one kit with the team)
- 17- 1 towel (quick drying) and 1 wash cloth (quick drying)
- 18- Quick drying pants/shirts (or scrubs). Each to be worn multiple days.
- 19- Shorts (worn on travel days only), must touch the knees when in the sitting position.
- 20- No halter tops, low necklines, or bare backs
- 21- Plastic bag for dirty clothes / shoes
- 22- Travel alarm clock (battery operated)
- 23- Safety pins, small clothing repair kit
- 24- Day pack/ Cinch Sack / Backpack
- 25- Ear plugs (unless you are definitely sure your roommate does not snore!)
- 26- Multi-outlet adaptor (for plugging multiple items into one outlet)
- 27- Leave all expensive jewelry (rings, necklaces, watches) at home. No hoop or dangling earrings, only stud earrings.
- 28- Carry-on can be up to 22" long x 14" wide x 9" tall and does not exceed overall dimensions of 45 inches (length + width + height)
- 29- Personal item can be up to 17" long x 10" wide x 9" tall (shoulder bag, backpack, laptop bag or other small item)
- 30- Travel sheet or lightweight hammock to place on bedding

Pack light. Pack essentials only. All clothes MUST fit into your carry on and/or your personal item!
We are not checking personal luggage.

#1 Rule to remember: BE FLEXIBLE...do not complain! In third a world setting, things rarely go as planned. This is especially true of the in country travel, eating and sleeping arrangements. God's timing is not always our timing. If you do have a question, please go immediately to the team leader/chaperone. Do not poll the team to see what their opinion is - most of the time they know as much as you do. Thank you.