

SUGGESTED PACKING LIST

Only pack what you can carry and remember that suitcases cannot weigh more than 50 pounds. Onebag.com offers many different tips for packing light.

Toothbrush/toothpaste
Shampoo/conditioner
Soap
Vitamins and calcium (begin taking now)
Handy Wipes/Baby Wipes (for non-shower days)
Anti-bacterial gel
Sunscreen (SPF 25 or higher)
Insect Repellent (with at least 20% deet)
Pocket tissue
Ear plugs (if you are a light sleeper)
Febreze
Shout Wipes/Tide pen
Towel/wash cloth
Bible (printed)
Journal
Devotional book
Alarm Clock / watch—battery-powered
Flashlight
Batteries
Water bottle
Small umbrella
Addresses / Pictures of family & friends
Postcards of your home town to give away
Small pocket knife – Not in carry-on luggage

Clothes—

SMT apparel (provided at Congress)
One long-sleeved shirt
T-shirts (5)
One casual/dressy outfit
Uniform with epaulet shirt
Jeans (1 or 2)
Light-weight modest pajamas
Long shorts (2, depending on culture of location)
Longer capris (2 for women, depending on location)
Light, flowing long skirts (2 for women, depending on location)
Nylons (women)
Socks (2 or 3 pair)

Underwear (10 pair)
An outfit that you can paint/work in
Comfortable walking shoes
Comfortable black uniform shoes (no heels)
Sandals
Shower flip flops
Sunglasses
Swimsuit
Baseball cap/bandana (for non-shower days)

Carry-on (Good backpack for everyday use)

Toothbrush/Travel-size toothpaste
Black or blue pen
Prescription medication
1 change of clothes (at least 1 pair underwear & 1 t-shirt)
Camera/ memory cards
Picture ID other than passport

Ask your Corps Officers if there are any donated items, Hallmark, etc. that you may take with you on SMT to use as give-aways and gifts. Slightly used sports equipment (especially soccer balls) is always popular! Any items collected can be packed in team luggage.

Pack Smart: tips and details

(adapted from www.thenextmile.org)

A few basic guidelines for dress

- It is very important to dress modestly.
- Comfortable, low-maintenance, not sloppy outfits
- Washable fabrics, no dry-clean only
- Keep in mind the **climate** of your location, the **culture** of your location, and the nature of your **ministry assignment**.

Pack light

Pack only what you can carry. You may be dashing to catch connecting flights, chasing trains pulling away from stations, or holding suitcases in your laps in compact cars as you travel across a country. You should be able to run without being burdened by your luggage. Pack only what you need. Leave behind everything you can do without.

2 If you can't lift it, DON'T bring it!

The Nonessentials

What to leave behind

- Expensive jewelry
- Most electronics other than a camera. Consider adapters needed.
- A lot of money

General packing and travel tips

- Pack an outfit in another team member's suitcase. If one of the bags is lost, you will still have some of your clothes.
- Take along some still-presentable older clothes that you plan to discard anyway. Donating them along the way will make room for souvenirs. Camp or Salvation Army t-shirts are popular as long as they are still in good condition.
- Anything valuable (electronics, jewelry, etc.) should be packed in your carry-on bag.
- Put your name inside your luggage to aid with luggage recognition in case your bags get lost or outside tags are pulled off.
- Don't break in a new pair of shoes on your trip.
- Checked suitcases have a 50 pound weight limit. Weigh your suitcase by standing on a bathroom scale, noting your weight, then picking up the suitcase while you are on the scale. Subtract your weight from your weight with the bag to find the weight of the packed suitcase. We have luggage scales that you may use in June.

Packing light rule of thumb

"If you think 'I might need this,' you're likely mistaken; if it's 'I can't survive without this,' you may be right, but second guess yourself."
—from Doug Dymont's onebag.com

