

## **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. This list is a suggestion, you are NOT limited to these items.

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 Repellant (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—**

SMTapparel (provided at Commissioning)  
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  
Copy of your medical insurance card

\*\*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.\*\*

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## Pack Smart: tips and details

(adapted from [www.thenextmile.org](http://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. 7

## **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. 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 Dymant’s onebag.com

