

Sample Personal Checklist

This is a suggestive checklist for individuals on your team, however this can vary according to destination. Urge your team to “pack smart” by utilizing zip-top plastic bags or packing cubes.

- Cash
- Copy emergency contact information
- Insurance card
- Medical documents, including copies of prescriptions
- Special medications (asthma, insulin, any prescription medicines)
- Bandages, aspirin, etc. (personal first aid supplies)
- Spare contact lenses or eyeglasses; cleaning solution, etc. for contact lenses
- Spare batteries (for hearing aids, camera, flashlight, alarm clock, razor, etc.)
- Water bottle
- Work clothes, work shoes, work gloves, hat, bandanas and/or sweat bands
- Quick dry underwear and socks
- Appropriate clothing and shoes for church
- Appropriate clothing and shoes for work and play
- Flip-flops for shower, where appropriate
- Rain poncho and folding umbrella
- Swimsuit (modest, and if appropriate for location and weather)
- Coat hangers, clothespins and clothesline (optional)
- Powdered or liquid laundry detergent
- Toiletries (unscented for tropical destinations):
 - Towel, washcloth, soap (antibacterial), shampoo, toothbrush, toothpaste, comb, brush, razor, shave cream, toilet paper, and pre-moistened wipes packed in zip-top plastic bags.
- Suntan lotion and sunglasses
- Insect repellent
- Sleeping bag or bedroll and inflatable pillow (if needed)
- Bible and devotional materials; team songbook (if available)
- Notebook, pen and pencil
- Flashlight
- Small pocket knife or scissors
- Camera (only one or two persons per team, not every team member)
- Snack foods (trail mix, granola bars, peanut butter, etc.)

For International Destinations Only

- Passport
- Visa or tourist permit (if applicable)
- Immunization record (yellow card)
- Mosquito netting (if needed)
- Water bottle with purification filter (if needed)
- Foreign language dictionary