

Youth Mission Trip Packing List

Bag lunch for first day; we will eat on the way

General:

- sleeping bag (air mattresses not needed; we'll have bunks in Maine)
- pillow
- pajamas, sleep mask, earplugs
- modest bathing suit (no bikinis or speedos)
- relaxing clothing for after work – shorts, t-shirts, sweatshirts
- towel
- toiletries (toothbrush/toothpaste/soap/shampoo/hairbrush/deodorant, etc)
- RAINCOAT! (so that it won't rain)
- A small amount of money for ice cream, snacks, etc.

Health and safety:

- sunscreen
- bug spray – there are lots of mosquitos! Lightweight long sleeve shirts are good.
- flashlight
- refillable water bottle
- hat
- sunglasses
- needed medications (coordinator will have first aid medications, pain relief, etc)
- reusable lunchbox or bag

Work clothes:

- closed-toe shoes – work boots or sturdy sneakers/hiking shoes (not Converse)
- jeans/work pants (at least two pairs)
- shirts with short or long sleeves (no tank tops)

Work tools (borrow from others if needed; don't purchase):

- safety glasses
- work gloves
- hammer
- tool belt
- measuring tape
- pencil

Items for down time:

- Playing cards
- Games/puzzles
- Sport balls and discs
- Instruments
- Craft projects
- Books