



## Mexico

### Packing list for Checked Suitcase:

You can bring one suitcase or large duffel (50-lbs. max). Pack light; remember you have to carry it! All liquids should be in a Ziploc bag.

- Kleenex/toilet paper
- Small alarm clock
- Toiletries
- Shower sandals
- Towel/washcloth(s)
- Dirty laundry bag
- Medium weight (light weight\*) jacket and sweater
- Sleeping bag (if needed)
- Pajamas
- Sunscreen, sunglasses and hats
- Bandanas, face masks, or hair ties (for the women)
- Insect repellent\*
- Host gifts for your family
- Small gifts/toys/candy for the children
- No tight fitting or low-cut clothing!
- T-shirts (no tank tops)
- Jeans (2 or 3 pairs)
- One pair work shoes
- One pair tennis shoes or comfortable walking shoes
- One pair dress shoes (sandals are fine)
- Dress clothes for church (women: blouse and below-knee skirt or jumper;  
men: pants, button-down or polo shirt, no shorts for church)
- Modest one piece bathing suit
- Shorts (long and modest) - for host homes and R&R only.
- Underwear and socks
- One pair of work gloves
- Copies of passport and or birth certificate
- Photos of family & home to show new friends & hosts

### \*For Summer Teams Only

**\*\*Note:** Orphanage teams are encouraged to have at least one locking suitcase to store valuables (wallets, cameras, etc.) while not using them. In general, take caution with your valuables at the work site. We recommend that you keep your belongings in your backpacks, instead of leaving them out in view. Keep unnecessary valuables and money at your host homes.

## **Suggested Packing list for Carry-on Bag**

Birth certificate! (starting January, 2008, you will need a passport)

Photo ID

Camera, film

Medications (original container)

Health Insurance Card

Medication Card

Toiletries (according to current regulations)

Wet Ones

Chapstick

Bible

Journal & pen

Spanish/English dictionary

Travel food

Water bottle (according to current regulations)

Spending money (in \$1 & \$5 denominations)

Change of clothes

Written testimony