

The Ultimate Mission Trip Packing List for Women

Recommended:

- Bible
- Journal and pen
- Backpack
- Cross-body bag or purse
- Passport
- Deodorant
- Toothpaste, toothbrush, floss
- Lotion
- Towels (microfiber may come in handy if you need it to dry quickly)
- Sweat rag/towel
- Modest bathing suit
- Church outfit – Check with team leader re: cultural standards of dress
- Shower shoes (cheap flip flops are fine)
- Sandals (Chacos, Keens, or Tevas work well; you'll need something sturdy)
- Sneakers
- Laundry soap (plan on washing clothes in the sink or tub)
- Socks (plan on one pair for every two days)
- Pants, slacks, or capris (quick dry are best; plan on one pair for every three days)
- Shorts (quick dry are best; plan on one pair for every three days)
- Shirts (quick dry are best; plan on one shirt for every two days)
- Undergarments (quick dry are best; plan on one pair for every two days)
- Charger cable for your devices
- Battery back-up
- Electrical converter
- Camera and batteries
- Jacket or hoodie
- Belt
- Snacks
- Insect repellent
- Insect bite spray/ointment
- Bandages and antibiotic ointment
- Razor and shaving cream
- Glasses, contact, contact solution
- Fingernail clippers
- Sunscreen
- Pain reliever
- Sleep aid

- Sleep mask and earplugs
- Spending money (not an excessive amount)
- Reusable, plastic water bottle (Nalgene or equivalent)
- Sunglasses (may want to include a sunglasses strap)
- Hat
- Light Rain Jacket
- Jacket (at least bring a light one; some trips may demand a heavy coat)
- Bags for dirty/wet clothes
- Flavored powders for bottled water
- Clothes line and pins (to dry clothes in your room)
- Tissues
- Flushable Wipes
- Personal medications (in original container)
- Hand sanitizer
- Travel pillow
- Small flashlight
- Digestive Medicines (both for diarrhea and constipation)
- Feminine products and pain reliever
- Photocopy of passport

Note: if you do not bring quick-dry clothes, you will need to adjust your number of items. Cotton and denim items take a long time to dry, and you may not have access to a clothes dryer.

For the flight:

- Remember the 3-1-1 rule (3 oz liquid bottles, in 1 ziplock bag that is 1 quart in size)
- Reading material
- Music device
- Toothbrush and toothpaste
- Deodorant
- Extra shirt
- Extra undergarments
- Pain reliever
- Travel pillow
- Water bottle
- Hand sanitizer
- Snacks
- Noise cancelling headphones or earbuds
- Charger cable for your devices
- Battery back-up

- Jacket or hoodie (planes get cold sometimes)
- Eyemask
- Pen
- Passport (you'll need it handy while you're on the flight)