

Mexico Packing List

Each participant is limited to one backpack or duffel bag THAT MUST FIT UNDER THE SEAT on the plane and one airline-checked bag (please see airline restrictions for size and weight).

The following items should be in your carry - on bag in the event your checked bag does not arrive with you:

- All identification and travel documents
- Spending money
- One change of clothes
- All necessary personal items and medications

The following is a suggested packing list:

- Bible
- Bandana/sweatband (more than 1 please!)
- Camera
- Church attire: Men/dress pants and shirt, Women/skirt or dress
- Cotton Blanket and/or sheet
- Ear plugs (we'll have extras for folks to use)
- Flashlight (pack batteries separately)
- Insect repellent with high DEET rating
- Jeans/workpants
- Personal medications in original containers (pack in carry-on bag)
- Plastic bags (good for emergency ponchos and to keep stinky clothes in)
- Safety work glasses (optional – again, we'll bring extras for the group)
- Short-sleeved shirts/T-shirts
- Shorts, sweat pants or a light weight pair of pants
- Shower shoes
- Spanish/English dictionary (optional)
- Substantial work shoes
- Sunglasses
- Sunscreen with high UV protection
- Swimsuit and beach shoes
- Tennis shoes
- Toiletries/toiletries case
- Towels/shower and beach
- Underwear and socks
- Water bottle
- Work gloves (leather pairs preferred...write your name in them)
- Work/sun hat
- Bring a small bag or backpack that you can carry your work gloves, camera, water bottle, etc. in as we go to the worksite