

## **LeaderTreks One Week Mission Trip Packing List**

### **Clothing**

- 2 pairs of jeans/ work pants
- 2 pairs of shorts
- 5 T-shirts (no tank tops or cap sleeves)
- 7-8 pairs of underwear
- 10 pairs of socks
- 1 sleepwear
- 1 bathing suit (one-piece)
- 2 pairs of shoes (1 for work - 1 spare)
- 1 pair of sandals
- 1 light sweatshirts/ fleece jackets
- 1 pair of work gloves
- 1 baseball cap/wide brimmed hat
- Rain gear (top and bottom)
- Bedding
- 1 sleeping pad or air mattress
- 1 sleeping bag
- 1 small pillow

### **Other Stuff**

- Bible (Old and New Testaments)
- battery powered alarm clock
- 1 watch (everyone must have their own)
- Personal care products (small travel sizes)
- 1 small water bottle
- 1 flashlight/ headlamp
- sunscreen (SPF 30+)
- insect repellent
- personal first aid items (with blister care kit)
- towel
- 3 pens