

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 pairs of underwear
- > 8-10 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