

PACKING



CLOTHING

The Why Behind What We Wear

When it comes to clothing, we do not want to draw attention to ourselves, rather make ourselves more of a reflection of Christ. To ensure the Gospel is the take-home message, we have to do everything in our power to make ourselves distraction-free. We encourage both men and women to dress modestly, covering shoulders and thighs, and avoiding tighter silhouettes. We suggest that you wear lightweight clothing that you don't mind getting dirty. Remember, this Mission Experience will be long, sweaty days, so consider your personal comfort.

What Not to Wear

- Jewelry (including wedding rings)
- Silhouettes that are tight (leggings, biker shorts, yoga pants, spandex, etc.)
- Shorts or dresses shorter than mid-thigh
- Tanktops
- Distracting graphic T-shirts
- Cropped T-Shirts
- Bikinis
- Heavy, thick fabric
- Uncomfortable shoes
- Long T-Shirts with shorts
- Recognizable and expensive name brands

What to Wear

- Lightweight, breathable fabric
- Appropriate for playing with kids and afternoon programs
- Simple T-Shirts
- Linen or athletic shorts
- Broken-in sneakers or sandals

[CLICK HERE TO GET OUTFIT INSPIRATION.](#)

A NOTE ABOUT PACKING

Personal Luggage

Due to the volume of supplies we will travel with, every team member is limited to travel with one carry-on item and a personal item. We encourage team members to bring backpacks as their personal items to maximize packing space. The luggage specifications for Delta are:

- A carry-on item is defined by Delta as - Combined length + width + height of baggage must not exceed 45 linear inches (114 cm); Individual length, width and height measurements may not exceed 22" x 14" x 9" (56 cm x 35 cm x 23 cm) respectively; These measurements include any handles or wheels, but do not apply to small musical instruments that fit in the overhead or under-seat space.
- A personal item is defined by Delta as a purse, briefcase, small backpack, camera bag, diaper bag, laptop bag, or a similarly sized item.



Team Luggage

At the time of our flight's check-in, each team member will be assigned a checked item of ministry supplies. Upon assignment, the team member will be responsible for the checked item throughout the customs process.

The Community Bin

We will dedicate a portion of our checked luggage to pack team member supplies that cannot be packed in your carry-on. Each team member can bring one gallon size Ziploc bag of essential items and a beach towel. Please carefully consider what to pack in the community bin, because we have limited space.

We recommend you pack the following items in your bag for the community bin: bug spray, sunscreen, essential liquids over 3 oz.

PACKING LIST

CLOTHING

- DAY 1 OUTFIT (team shirt & shorts/capris)
- DAY 2 OUTFITS
 - SERVE OUTFIT
 - CHURCH OUTFIT (women - dress or skirt; men - shorts & shirt with collar)
- DAY 3 OUTFIT
 - SERVE OUTFIT
- DAY 4 OUTFITS
 - SERVE OUTFIT
- DAY 5 OUTFIT
 - SERVE OUTFIT
- DAY 6 OUTFIT
 - SERVE OUTFIT
- DAY 7 OUTFIT
 - SERVE OUTFIT
- DAY 8 OUTFITS
 - BATHING SUIT & COVERUP (bathing suit must be one piece or tankini)
 - SERVE OUTFIT
- DAY 9 OUTFIT (team shirt & shorts/capris)
- 1 SET OF PAJAMAS TO RE-WEAR
- TENNIS SHOES
- SANDALS
- SOCKS
- UNDERGARMENTS

PACKING LIST (cont.)

TOILETRIES & SHOWER ITEMS

- TRAVEL SIZE BODY WASH, SHAMPOO, CONDITIONER
- TRAVEL SIZE DEODORANT
- TOOTHBRUSH & TRAVEL SIZE TOOTHPASTE
- WASHCLOTH (optional)
- TRAVEL SIZE HAND SANITIZER
- MEDICATIONS
- RAZOR (optional)
- TRAVEL SIZE WET WIPES (optional)

OTHER

- BIBLE, PEN & JOURNAL
- PASSPORT (!!!)
- 2 REUSABLE WATER BOTTLES
- THIN BEACH TOWEL
- SUNGLASSES
- PERSONAL SNACKS
- SPENDING MONEY
- BASEBALL CAP / SUN HAT (optional)
- INEXPENSIVE WATCH
- HAIRTIES
- HAIRBRUSH
- CONTACT LENSES / GLASSES
- PHONE & PHONE CHARGER (optional)

PACKING LIST (cont.)

ITEMS FOR COMMUNITY BIN

- SUNSCREEN
- BUG SPRAY
- ANY AEROSOL, LIQUID, OR GEL OVER 3 OUNCES

EXTRA TIPS

- TREAT ALL OUTER CLOTHES WITH PERMETHRIN SPRAY
- RECOMMENDED TO PUT OUTFITS IN GALLON SIZE ZIPLOCS FOR EASY PACKING
- YOU MUST HAVE YOUR PASSPORT TO TRAVEL - DON'T FORGET IT!

ESSENTIALS

PERMETHRIN

Permethrin is a bug repellent used to treat fabrics prior to travel. We strongly recommend using permethrin to treat clothes prior to traveling to Belize. To treat clothes, lay out your outfits outside then spray with permethrin. Allow the spray to dry, then flip the clothes and spray the other side. **DO NOT PACK THIS.**

SPF

Because Belize is located close to the equator, there is a higher risk for UV exposure. Although we try to limit outdoor activities, it is important to protect your skin by using sunscreen with high SPF. Sunburn may seem trivial, but, if you have ever experienced severe sunburn, you may know how it can make you feel tired, nauseous, or just make your skin too sensitive.

BUG SPRAY WITH DEET

Bugs are an inevitable result of serving in the outskirts of the Belizean jungle. Although there is no way to fully prevent bug exposure, we recommend using bug spray with deet whenever you are outside of your hotel room. Although this is a recommendation, we ask that you strongly consider packing at least 2 aerosol bug spray bottles with 40% deet to be packed in a team checked bag.



HEALTH ITEMS YOU MAY WANT TO PACK

Please discuss your travel plans with a doctor or pharmacist at least one month prior to departure.

Prescription Medicine

- Your prescriptions
- Travelers' diarrhea antibiotic
- Altitude sickness medicine (Optional)
- Medicine to prevent malaria (Optional)

Medical supplies

- Glasses (consider packing spare glasses)
- Contact lenses
- Diabetes testing supplies/ Insulin
- Inhalers
- Epinephrine auto-injectors (EpiPens)

Over the counter

- Antacid
- Diarrhea medicine
- Antihistamine
- Motion sickness medicine
- Medicine for pain and fever (acetaminophen, aspirin, or ibuprofen)

Additional supplies

- Hand sanitizer or wipes
- Insect repellent: containing deet
- Sunscreen
- Sunglasses and hat
- Earplugs
- Aloe gel

Health insurance documents

- Bring prescriptions for medicines, eyeglasses/contacts, and other medical supplies