

## Mexico Packing List and Dress Code 2018



### Luggage Regulations

Small carry on (i.e. small to medium back pack...same back pack you will take out to the outreaches/construction)

Check in luggage: one bag filled with your personal items (take photos of what is in your bag) Check your particular airline to see the lb limit.

### Packing List

- Passport or passport card
- Spending \$ for extra snacks, souvenirs, offerings, etc.
- International health insurance card with medi-evacuation coverage (check out Volunteer Card)
- Something inspiring to read
- Bible
- Notepad/pens
- If bringing anything electrical, will need international transformer and plug (can purchase at Walmart in luggage section)
- Sleeping bag, pillow, towel and wash rag (needed for travel to a different city)
- Beach towel (free day activities)
- Small container of laundry detergent (if you think you need to wash something out by hand)
- Medications (i.e. cough drops, pain reliever, anti-itch cream, anti-diarrhea) and some type of immune builder such as Silver Biotics
- Vitamins
- Sunglasses
- Mosquito repellent
- Suntan lotion and chap stick
- Antibacterial hand sanitizer (to carry in your backpack)
- Baby wipes (to carry in your backpack)
- Several small packages of kleenexes (to carry in your backpack) as may be needed for toilet paper
- Cell phone is optional/cell phone charger
- Mini flashlight and batteries
- Battery operated alarm clock
- Money belt (optional)
- If bringing electronics, bring a transformer and converter for Mexico outlets
- Snacks (i.e. mini candy bars, beef jerky, gum, peanut butter and crackers, chez mix, nuts, dried fruit, pudding cups, hard candy)
- Refillable water bottle (Nalgene or wide mouth water bottle)
- Plastic container of peanut butter and squeeze bottle of your favorite jelly (sharing with the team for lunches)
- Fuel t-shirts (you will be wearing these shirts daily for ministry)
- Old, light weight comfortable closed toe shoes for outreaches and construction (i.e. tennis shoes, work boots)
- Flip flops (wearing in missions compound and possibly in the showers)
- Dressier shoes for church on Sunday
- Long skirts/dresses below the knee for ministry in churches (at least 1 or 2) or on outreaches
- Tops that are not sleeveless
- Modest PJs
- Underwear (preferably one for each day of the trip (8+))
- 6-8 jeans/pants/shorts combinations
- Swimsuit (modest one piece/may want to bring a t-shirt to wear over swimsuit if low cut)
- Sweatshirt (for the plane and possibly evenings and early mornings)

- Lightweight rain jacket
- Toiletries (i.e. toothbrush, tooth paste, shampoo, conditioner, deodorant, face cleanser, body soap, makeup, perfume/cologne, feminine products)

### **Ministry Items to Bring**

- Work gloves (for construction outreaches)
- Items to give away:
  - Two or three large bags of hard candy
  - Two or three packs of stickers
  - Large bottle of bubbles with bubble wand
  - Optional: small toys, cars, balls, games to give away
- Face paint

### **DO NOT PACK**

- Do not pack any liquids over 3 oz in your carry on (including peanut butter and jelly)
- Do not pack any knives, fireworks, explosives, etc. in your luggage
- Do not pack anything that you would be really upset about losing or getting stolen

### **DRESS CODE**

Please **DO NOT** wear the following items:

- 1) Tank tops at ministry sites (only at the missions compound or during free day activities)
- 2) Dresses or skirts above the knees at churches or outreaches
- 3) Two-piece swimsuits (unless worn with a non see through t-shirt over the top)
- 4) Tight pants/jeans or jeans with holes (conservative amount of holes may be worn in the missions compound only)
- 5) Pierced rings in any part of your body other than your ears (only two rings per ear during the trip)
- 6) Immodest shorts, bicycle shorts (*measure by taking your hand and reaching your finger tips from your knee up....shorts should not be any short than where your wrist lies on your leg when standing up*)
- 7) Any clothing that advertises Christian or secular rock bands, or any clothing advertising drugs (i.e. alcohol, tobacco, marijuana)
- 8) Expensive or gaudy jewelry
- 9) Tight leggings without shorts over them

### **Expected construction site dress code:**

- 1) Closed toe shoes (i.e. tennis shoes, light weight boots) that might get ruined
- 2) Conservative shorts, pants, or jeans
- 3) T-shirt

### **Expected outreach dress code:**

- 1) Conservative shorts, pants, jeans or skirts below the knee (females only :))
- 2) Comfortable shoes
- 3) T-shirts or button up shirts

### **Expected church dress code:**

- 1) Guys: Casual dress pants, nice jeans with nice shirt
- 2) Gals: Below the knee dress or skirt with nice top
- 3) Nice but comfortable shoes