

Mexico Packing List and Dress Code 2020



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) 50 lb limit. (You can pack sleeping bag as a separate check in piece of luggage.)

Packing List

- Passport or passport card
- Spending \$ for extra snacks, souvenirs, offerings, etc.
- Something inspiring to read
- Bible
- Notepad/pens
- Towel and wash rag
- Pillow
- Sleeping bag
- Beach towel (free day activities)
- Small container of laundry detergent (to wash clothes by hand)
- Medications (i.e. cough drops, pain reliever, anti-itch cream, anti-diarrhea) and some type of immune builder such as Silver Biotics (<https://www.swansonvitamins.com/american-biotech-labs-silver-biotics-value-size-10-ppm-32-fl-oz-liquid?otherSize=ABL001>)
- 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)
- 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 (**no leggings, yoga pants, or shorts shorter than mid-thigh**)
- Underwear (preferably one for each day of the trip (8+))
- 6-8 jeans/pants/shorts combinations
- Swimsuit (**modest one piece for females or two piece with a dark t-shirt to wear over it**)
- 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 or pack of small bottles
 - Optional: small toys, cars, balls, games to give away
- Face paint

DO NOT PACKLEAVE AT HOME

- Do not pack any liquids over 3 oz in your carry on (including peanut butter and jelly)
- Do not pack any knives, fireworks, explosives, or weapons of any nature in your luggage
- Do not pack anything that you would be really upset about losing or getting stolen
- Tank tops that are low cut or have straps **less than 1" in width**
- Dresses or skirts above the knees
- Overly tight pants or jeans
- Jeans or pants with holes in them
- Shorts that are shorter than mid-thigh (*measure by taking your hand and reaching your finger tips from your knee up....shorts should not be any shorter than where your wrist lies on your leg when standing up*)
- Any clothing that advertises Christian or secular rock bands, or any clothing advertising drugs (i.e. alcohol, tobacco, marijuana)
- Expensive or gaudy jewelry
- Leggings or yoga pants

DO NOT WEAR

- A two piece swimsuit without a non-see through shirt over it
- Jewelry in any body part except your ears, and no more than two earrings per ear

Expected construction site dress code:

- 1) Closed toe shoes (i.e. tennis shoes, light weight boots) that are able to get ruined
- 2) Conservative shorts, pants, or jeans
- 3) T-shirt or appropriate tank tops

Expected outreach dress code9

- 1) Approved shorts, pants, jeans or skirts below the knee (leadership will inform you what's appropriate for each outreach site)
- 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

If leadership asks you to change your clothes for any reason, please respect this.