



## 2020 All-Team Packing List

### MEDICAL SUPPLIES FOR EACH MEMBER

#### MANDATORY:

- Bottle of children's vitamins (non-gummy)
- Benadryl – 25mg, 10 tablets (Generic – Diphenhydramine)
- Imodium – 1 bottle or package
- Purell – 1 medium bottle
- Sunblock – 45 or higher, with Parsol if possible
- Insect repellent – 25% or more DEET – PUMP, not aerosol
- Pepto-Bismol caplets – 1 bottle or box
- Large bottle children's vitamins
- Bottle of Tylenol for medical team

#### OPTIONAL:

- After Bite stick
- Allergy meds
- Dramamine for bus/plane
- Aloe Vera (for sunburn)
- Tylenol & Ibuprofen supplied

#### GENERAL SUPPLIES:

- Passport and passport neck pouch (pouch provided by CVCA)
- Strap or hook (carabineer) for water bottle (water bottle provided)
- Bible, notebook/journal, pens
- Drawstring backpack for carrying things throughout day
- Cheap watch (you may give away if you like)
- Flashlight (lightweight) (tape to off position for travel)
- 1-2 Sets lightweight twin sheets
- 2 Lightweight, threadbare towels – the thinner the better
- 1-2 old washcloths
- Sunglasses (extra pair is a good idea)
- Personal toiletries (toothbrush, comb/brush, contacts, personal meds, etc.)
- Limited spending money (\$50 - \$75 for souvenirs, meals at airport, snack shop, offering at churches - \$1 - \$2 per church, up to 4 churches)
- 2 garbage bags – 1 for dirty clothes, 1 for duffle bag items at end of trip

**BOYS:** 1 large peanut butter  
1 box or refill baby wipes

**GIRLS:** 3 large rolls toilet paper  
1 canister powder Gatorade

#### OPTIONAL SUPPLIES:

- Camera – disposable or digital
- Baby powder – small
- Face wipes – to freshen face
- Raincoat/poncho – fold up kind
- Bandanas/hair ties/baseball cap
- Pair of knee-high athletic socks for mountain climb
- Travel alarm clock
- Strap for duffle bag (Amazon)
- Shampoo, body wash, and toothpaste are supplied – may bring own if desired  
\*\* PACK IN 2 GALLON ZIPLOCK BAGS
- Gum
- Pillow with 2 pillowcases (carry pillow)