



Girls Packing List

Put your name or initials with permanent marker on clothes or items that you hold near and dear.

TRAVELING CLOTHES

- 1-2 pair of khaki pants, capris, or LONG shorts (we travel both ways in these) – *4-finger length, not tight
- Wear your DR team shirt. We'll launder these before the trip home.
- SNEAKERS – No sandals or flip-flops in the airport. We may have to run!
- You may carry a backpack and pillow on the plane.
- You may wear a ZIP hoodie. (We need to see your team shirt.)

EVERYDAY CLOTHES

- Comfortable sneakers w tread – 2 are a good idea
- Cotton, lightweight socks – 1-2 pair per day
- 3-6 pair shorts to wear each day to village and activities. (LONG shorts or basketball shorts)
- 6-12 Lightweight tee shirts (or other short sleeve shirts)
- Nothing tight, sleeveless, no cap sleeves
- White or light colored tops **MUST** be layered with another tee or beater/tank top.
- 4-6 bras. Sports bras work well 6-12 panties
- Sleepwear – sports bra and panties/boxers, or any lightweight pjs
- Flip-flops for around mission and/or shower
- Bring supplies for period (including meds) even if you think you won't start
- Items for hair – hair ties, bandanas, etc.
- Work gloves – optional but suggested

DRESS CLOTHES

- 2-4 skirts – knee length or longer, full skirts – We'll be climbing in and out of cattle trucks.
- Dresses with collar and sleeves are fine
- 2-4 tops with collars – polo style or cotton button top – **SHORT SLEEVES**
- ***NO SLEEVELESS. NO CLEAVAGE. NOTHING LOW CUT. NOT TIGHT**
- 1-2 lightweight shorts or sophies to wear under skirts. **This is mandatory.**
- **FLAT** sandals or casual shoes to wear with skirts. No sneakers with skirts unless instructed.

PACKING TIPS

- Pack everything in 2-gallon Ziplock plastic bags. Some items will fit in 1-gallon size. Our duffle bags are **NOT** waterproof and may get wet during travel.
- If possible, purchase toiletries without scent. **NO** aerosols.
- **IMPORTANT:** Pack your basic toiletries, personal meds, contacts, money, etc. in your carry-on.

WHAT NOT TO BRING:

- Anything polyester or tight fitting
- Any food, including candy – may bring gum
- Any jewelry (plain, stud earrings are fine to wear)
- Any makeup or hairspray – **NO MAKEUP ON TRAVEL DAY**
- Any music, iPod, MP3, etc. – **NO CELL PHONE**
- Any books, magazines, electrical gadgets