



# GENERAL PACKING LIST

## MEDICAL SUPPLIES FOR EACH MEMBER:

### MANDATORY:

- Anti-malarial medicine (if taking)
- Imodium – bottle or tabs
- Insect repellent
- Purell – Med bottle (personal)
- Sunblock – 45 SPF or higher
- Pepto Bismol caps or bottle

### OPTIONAL:

- Afterbite stick
- Allergy meds
- Dramamine for bus/plane
- Aloe Vera/AfterSun

### For MGM:

- Benadryl (generic is fine)
- Kids Chewable Tylenol or Advil
- LG bottle kids non-gummy vitamins

### GENERAL SUPPLIES:

- Passport and passport neck pouch (passport pouch provided by CVCA)
- Strap or hook (carabineer) for water bottle (water bottle provided by CVCA)
- Bible, notebook/journal, pens
- Drawstring backpack for carrying things throughout the day
- Cheap watch
- Flashlight (provided by CVCA)
- 1-2 sets lightweight twin sheet
- 2 lightweight, threadbare towels – the thinner, the better
- 1-2 old washcloths
- Sunglasses (extra pair is good idea)
- Personal toiletries (toothbrush, comb/brush, contacts, personal meds, etc.)
- Spending money (meals at airport, snack shop at MGM, \$50-75 for souvenirs, small bills for offering at churches are helpful – up to 4 churches)
- 2 garbage bags – 1 for dirty clothes, 1 for duffle bag items at end of trip

### BOYS:

- 1 large jar of peanut butter
- 1 box of refill baby wipes

### GIRLS:

- 3 large rolls of toilet paper
- 1 canister of Gatorade POWDER

### OPTIONAL SUPPLIES:

- Camera – disposable or digital
- Baby powder – small
- Strap for duffle bag (Amazon)
- Face wipes – to freshen face
- Raincoat/poncho – fold-up kind
- Bandanas/hair ties/baseball cap
- Pair of knee-high athletic socks for hike
- 1-2 plastic hangers
- Gum
- Travel alarm clock
- Pillow with 2 pillowcases

**\*\* Shampoo, conditioner, body wash, and toothpaste are supplied.**

**PACK IN 2 GALLON ZIPLOC BAGS**

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