

# ONE WEEK MISSION TRIP --- PACKING LIST

**LeaderTrekks**  
YOUTH MINISTRY<sup>®</sup>

## CLOTHING

- 2 pairs of jeans/work pants
- 2 pairs of shorts
- 5-7 T-shirts (no tank tops or cap sleeves)
- 1 bathing suit
  - Girls--one piece
  - Guys--trunks
- 7 pairs of underwear
- 8-10 pairs of socks
- 1 sleepwear
- 2 pairs of shoes (1 for work, 1 spare)
- 1 pair of sandals
- 1 light sweatshirt/fleece jacket
- 1 pair of work gloves
- 1 baseball cap/wide-brimmed hat
- 1 set of rain gear (top and bottom)

## BEDDING

- Sleeping bag
- Sleeping pad or air mattress
- Small pillow

## OTHER STUFF

- Bible (Old and New Testaments)
- Watch (everyone must have their own)
- Battery-powered alarm clock
- Personal care items (travel sizes)
- 1 small water bottle
- 1 flashlight/headlamp
- Sunscreen (SPF 30+)
- Insect repellent
- Personal first aid items
- Towel
- 3 pens

