

What to Bring

Bible	Sunblock SPF 15+	HAND SANITIZER
Devotional	Deodorant	
DR ID Badge	Soap/Shampoo	SLEEPING BAG
Phone List	Dental Floss	AIR MATTRESS or Cot
International Medical Insurance	Mouthwash	Flip flops
Money (\$60.00 per night)	Towel	
Cell Phone	Toothbrush	
Notebook	Toothpaste	
Pencils or Pens	Washcloth	
Clothing (4-7 Day Supply)	Comb/Brush	
DR Clothing	Shaving Cream	
Waterproof Footwear	Razor	
Hiking boots	Diarrhea/Laxative	
Jeans/Work Pants	Antacids	
Socks (2/day)	Insect Spray (mosquito bracelet)	
Shirts	Skin Lotion	
Work Gloves	Blister Kit	
Underwear	Foot Powder	
Rain Suit/Poncho	Antifungal Ointment/Spray	
Sleepwear	Healing Ointment	
Sneakers	Special Food you require	
Bandanas	Flashlight (BATTERY)	
Handkerchief	Watch/Clock	
Laundry Bag	TOILET PAPER	
Allergy Kit (Spiders and bees)	BODY WIPES	