

# 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
Cell Phone	Towel	
Notebook	Toothbrush	
Pencils or Pens	Toothpaste	
Clothing (4-7 Day Supply)	Washcloth	
DR Clothing	Comb/Brush	
Waterproof Footwear	Shaving Cream	
Hiking boots	Razor	
Jeans/Work Pants	Diarrhea/Laxative	
Socks (2/day)	Antacids	
Shirts	Insect Spray (mosquito bracelet)	
Work Gloves	Skin Lotion	
Underwear	Blister Kit	
Rain Suit/Poncho	Foot Powder	
Sleepwear	Antifungal Ointment/Spray	
Sneakers	Healing Ointment	
Bandanas	Special Food you require	
Handkerchief	Flashlight (BATTERY)	
Laundry Bag	Watch/Clock	
Allergy Kit (Spiders and bees)	TOILET PAPER	
	BODY WIPES	