Mission Trip Packing List

With Grace FOUNDATION

CLOTHING
- ☐ swimwear
- ☐ workout shirt
- ☐ workout shorts
- ☐ undies
- ☐ socks
- ☐ sleepwear
- ☐ pants
- ☐ shirts
- ☐ skirt/dress
- ☐ shorts

SHOES:
- ☐ slippers
- ☐ tennis Shoes
- ☐ sandals
- ☐ casual Shoes

ACCESSORIES:
- ☐ sunglasses
- ☐ hat

OTHER
- ☐ money pouch
- ☐ backpack
- ☐ fanny pack
- ☐ pen
- ☐ life jacket

OTHER:
- ☐ sans bug
- ☐ travel pillow
- ☐ Blanket

ELECTRONCIS:
- ☐ tablet & charger
- ☐ cell phone & charger
- ☐ earbuds
- ☐ camera

MEDS / SUPPLEMENTS:
- ☐ doTerra physician's kit
- ☐ essential oils
- ☐ activiated charcoal
- ☐ papaya tea
- ☐ cough drops
- ☐ thermometer
- ☐ daily vitamins
- ☐ probiotics
- ☐ silver biotics
- ☐ inhaler (if needed)

FOOD:
- ☐ water holder
- ☐ granola bars
- ☐ protein bars
- ☐ gum
- ☐ throat lozenges

DOCUMENTS:
- ☐ **passport and copies**
- ☐ **travel itineraries**
- ☐ **airline tickets**
- ☐ **cash**
- ☐ **1 credit card**
- ☐ **driver's license**
- ☐ **travel wallet**
- ☐ **med insurance card**
- ☐ **luggage locks and key**

TOILETRIES:
- ☐ **floss**
- ☐ **toothbrush**
- ☐ **deodorant**
- ☐ **toothpaste**
- ☐ **mouth wash**
- ☐ **qtips**
- ☐ **soap**
- ☐ **healing balm**
- ☐ **lotion**
- ☐ **sunscreen**
- ☐ **hair gel**
- ☐ **shaver**
- ☐ **nail cutter**
- ☐ **nail polish (female)**
- ☐ **bug repellent**
- ☐ **make-up (female)**
- ☐ **face wash**

TOILETRIES CONTINUED:
- ☐ **shampoo**
- ☐ **conditioner**
- ☐ **body wash**
- ☐ **face lotion**
- ☐ **hand sanitzer**

OTHER:
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